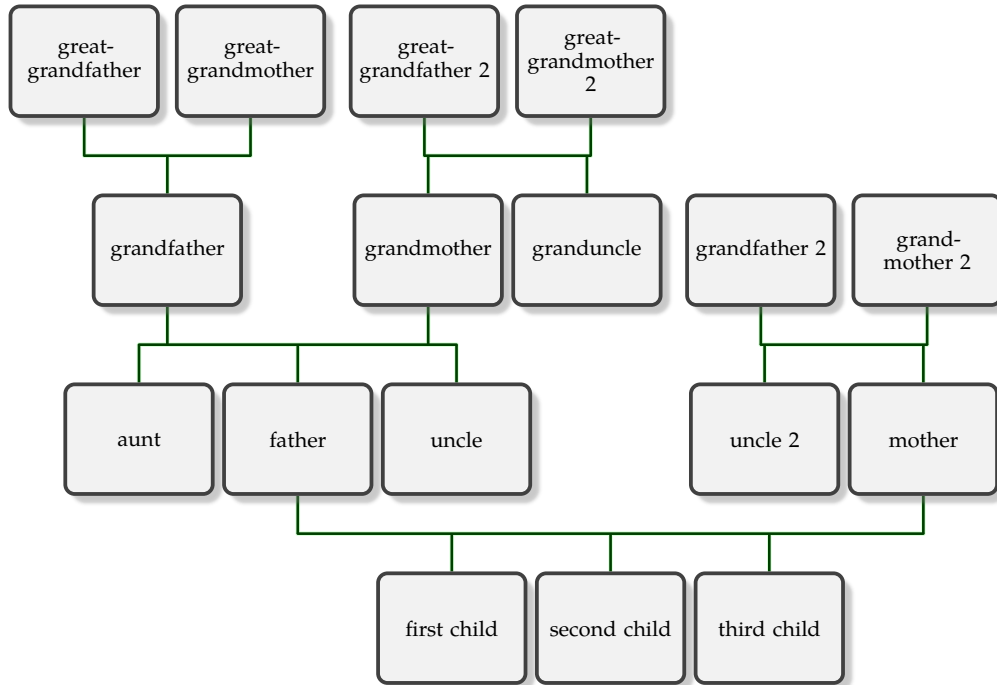


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Family Tree



Drinks

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Jenna's Hot Coco*Courtesy of Jenna Wilcox*

Yields 5 cups

8 quarts instant nonfat dry milk
 7 ounces nondairy creamer
 1 pound Nestles Quick chocolate
 $\frac{3}{4}$ cup powdered sugar

1. Mix together and store in airtight container.
2. Use 2 to 3 tablespoons per 8 ounces hot water per taste.

Jay's Margaritas*Courtesy of Jay Beresford*

1 small can limeade
 3 jiggers tequila
 2 jiggers triple sec
 Water (enough to make consistency you like)

1. Fill blender with Ice (crushed is easier on the blender).
2. Add limeade, tequila, triple sec, and water.
3. Blend and enjoy!

Tai Chai Tea*Courtesy of Eileen Wilcox*

$1\frac{1}{2}$ cups powdered milk
 $1\frac{1}{2}$ cups powdered cream
 $1\frac{1}{2}$ cups French vanilla cream
 $2\frac{1}{4}$ cups white sugar
 $\frac{1}{4}$ cups brown sugar
 $1\frac{1}{2}$ cups instant tea
 2 teaspoons ground ginger
 2 teaspoons cinnamon
 1 teaspoon ground cloves
 1 teaspoon ground cardamom
 $\frac{1}{4}$ teaspoon nutmeg
 $\frac{1}{4}$ teaspoon allspice

 $\frac{1}{4}$ teaspoon white pepper

1. Mix all ingredients together and store in an airtight container.
2. Use 2 to 4 teaspoons in a mug and add hot water.

Low-calorie replacements Use Splenda for white sugar; Sugar Twin brown granulated for brown sugar; non-fat versions for powdered milk and creamer; and sugar-free French vanilla creamer.

Tang Jar — Spiced Tea*Courtesy of Sandy Beresford*

$1\frac{1}{3}$ cups Tang
 $\frac{1}{2}$ cup sugar
 $\frac{1}{3}$ cup instant tea
 1 teaspoon cinnamon
 $\frac{1}{2}$ teaspoon cloves

1. Mix all ingredients together and store in an airtight jar.
2. Use 1 teaspoon of mix per $\frac{3}{4}$ cup hot water.

Cranberry Tea*Courtesy of Eileen Wilcox
from Lyla Thiemet*

4 cups water
 2 short cinnamon sticks
 2 tablespoons sugar
 2 cups cranberry juice cocktail
 12 whole cloves
 4 tea bags

1. Bring water, cinnamon sticks, sugar, and cloves to a boil.
2. Reduce heat, cover, and let simmer for 5 minutes.
3. Remove from heat. Remove cinnamon sticks.

4. Add tea bags and steep for 3 to 5 minutes.
Remove tea bags.
5. Add cranberry juice cocktail and bring back to a boil.

Fletcher's Fabulous Lemonade

*Courtesy of Leigh Brodie
from Something Queer at the Lemonade Stand
Yields 4¹/₂ quarts*

12 lemons
1 pound sugar
4 quarts ice water
12 mint leaves

1. Squeeze juice from lemons, save 2 of the lemon rinds.
2. Optional: grate the rind (the yellow part of the peel) of 2 lemons. Note: this is hard, but it adds zest to the lemonade. In fact, the lemon peel is sometimes called zest.
3. Mix sugar, lemon juice and grated zest. Note: the secret of great lemonade is to add the sugar to the lemon juice before you add the water.
4. Put in quart jar and seal and refrigerate until ready to use.
5. When ready to serve and make money add ice water and mint leaves. If you don't have mint leaves, this lemonade will be pretty fabulous anyway

Brunch

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Brunch for a Bunch

Courtesy of Laura Benson

1 pound hot sausage
3 cups thawed hash browns
1/2 teaspoon salt
3 cups cheddar cheese, grated
1/2 cup green pepper
12 eggs, beaten
2 cups milk
1/2 cup onions

1. Preheat oven to 350 °F.
2. Cook sausage in a skillet until browned and crumbly.
3. Spread hash browns in an oiled 13 inch × 9 inch baking dish and sprinkle with salt.
4. Layer cooked sausage, cheese, and green pepper on top.
5. In a separate bowl, whisk together eggs and milk; pour evenly over other ingredients.
6. Bake at 350 °F for 50 minutes.

Mushroom and Sausage Patties

Courtesy of Eileen Wilcox

Yields 4 servings

1 egg, slightly beaten
2 tablespoons milk
1/2 cup quick-cooking rolled oats
1 to 2 ounce can chopped mushrooms, drained
1 pound bulk pork sausage
Fresh mint leaves, optional

1. In a mixing bowl, combine egg and milk.
2. Stir in rolled oats and mushrooms.
3. Add sausage and mix well.
4. Shape mixture into 4 patties.

5. Place patties on a cold griddle or skillet.
6. Cook over medium heat for 15 to 20 minutes, turning once.
7. Transfer to a serving platter and garnish with mint leaves if desired.

Maple Syrup

Courtesy of Bonnie Gates

2 cups sugar
1 cup water
1 tablespoon maple extract

1. Bring water and sugar to a boil.
2. Lower heat and simmer until sugar has dissolved.
3. Add maple extract and continue to simmer until thickened.

Waffles

Courtesy of Lil McBrien

2 1/4 cups water
1/2 cup flour
1 1/2 cup rolled oatmeal
1 tablespoon oil
1/2 teaspoon salt
1 cup soaked garbanzo beans (1/2 cup dry)
1 tablespoon sugar

1. Combine all ingredients and whiz in blender until light and foamy.
2. Let stand while waffle iron is heating. Thickens when standing.
3. Whiz again.
4. Thin a little if too thick to pour or spread.
5. When iron is hot, grease with Pam.
6. Cook each waffle for 10 minutes.
7. Do not raise the lid until time is up; allow more time if lid does not come up easily.

Note These can be made ahead of time and rewarmed in waffle iron, toaster, or oven.

Huevos Rancheros

*Courtesy of Laura Benson
from Cooking Light*

1 whole 14¹/₂ ounce can of no-salt-added tomatoes, undrained and chopped
1 whole 15 ounce can of no-salt-added black beans, drained
1 whole 14¹/₂ ounce can of chopped green chilies
2 tablespoons chopped cilantro
2 teaspoons chili powder
1/2 teaspoon ground cumin
1/2 teaspoon salt
1/8 teaspoon black pepper
2 whole 6 inch tortillas
2 large eggs
2 tablespoons shredded cheddar cheese

1. Combine first 8 ingredients in a nonstick skillet; bring to a boil.
2. Cover, reduce heat to low, and simmer for 10 minutes.
3. Warm tortillas according to package directions.
4. Break each egg into a custard cup, then gently slip into tomato mixture.
5. Cover and simmer for 7 minutes, or until eggs are done.
6. Remove eggs with a slotted spoon.
7. Place tortillas on individual plates; top each with half of the tomato mixture and 1 egg.
8. Sprinkle with cheese.

Easy Apple Coffee Bundt Cake

Courtesy of Sandy Beresford

18.25 ounce yellow cake mix
3.4 ounce package instant vanilla pudding mix
1 cup sour cream
1/2 cup vegetable oil
4 eggs, beaten
6 apples, peeled, cored, and sliced
1/2 cup white sugar
2 teaspoons ground cinnamon
1/2 cup walnuts
High altitude: add 1/4 cup flour

1. Preheat oven to 350 °F.
2. Lightly grease and flour a 10 inch tube or Bundt pan.
3. In a large bowl, mix together the cake and pudding mixes.
4. Add sour cream, oil, and beaten eggs. Mix until well blended.
5. In a small bowl, combine sugar, cinnamon, and walnuts.
6. Pour half the batter into the prepared pan.
7. Layer sliced apples over the batter, then sprinkle with half of the cinnamon-walnut mixture.
8. Pour in the remaining batter, then top with remaining apples and cinnamon-walnut mixture.
9. Bake for 60 to 70 minutes, or until the top is springy and a wooden toothpick inserted comes out clean.
10. Cool the cake in the pan for 1/2 hour before removing to cool completely.
11. Optional: Dust with powdered sugar before serving.

Puffy German Pancakes

Courtesy of Eileen Wilcox

Yields 4 servings

2 tablespoons cooking oil (for skillet)
 3 eggs
 1/2 cup flour
 1/2 cup milk
 2 tablespoons oil
 1/2 teaspoon salt
 10 ounce package frozen mixed fruit,
 thawed
 2 teaspoons cornstarch

Pancakes

1. Preheat oven to 450 °F.
2. Place 2 tablespoons cooking oil in a 10 inch oven-safe skillet and place in the oven to preheat.
3. Meanwhile, in a mixer bowl, beat eggs at high speed until combined.
4. Add flour, milk, 2 tablespoons oil, and salt.
5. Beat until smooth.
6. Immediately pour batter into hot skillet.
7. Bake at 450 °F for 18 minutes.
8. Prick bottom of pancake with a fork.
9. Reduce oven temperature to 350 °F and bake for 8 to 10 minutes longer.
10. Serve immediately with fruit sauce.

Fruit Sauce

1. Thaw fruit according to package directions. Drain fruit, reserving syrup. Add enough water if necessary to make 2/3 cup liquid.
2. In a saucepan, stir together fruit syrup mixture and cornstarch.

3. Cook and stir until thickened and bubbly, then cook and stir for 2 minutes more.
4. Stir in drained fruit and cook until heated through.
5. Spoon over pancake to serve.

Sour Cream Coffee Cake

Courtesy of Eileen Wilcox

from Kristi Hershenow

Yields 1 cake

Cake batter

1 cup butter
 1 1/4 cup sugar
 1 teaspoon vanilla
 2 eggs
 1 cup sour cream
 2 cups flour
 1 1/2 teaspoons baking powder
 1/2 teaspoon baking soda
 1 teaspoon salt

Topping

1 cup chopped nuts
 2 tablespoons sugar
 1 teaspoon cinnamon or cocoa

1. Preheat oven to 350 °F.
2. Cream together butter and sugar.
3. Add vanilla and eggs; mix well.
4. Fold in sour cream.
5. Add dry ingredients and blend until smooth.
6. In a small bowl, mix the topping ingredients: chopped nuts, sugar, and cinnamon (or cocoa).
7. Grease and flour a 9 inch tube pan.
8. Layer 1/3 cup of cake batter and 1/3 cup of topping into the prepared pan.

9. Repeat layers.
10. Bake for 45 to 50 minutes, or until a toothpick inserted in the center comes out clean.

Dad's Sour Milk Pancakes

*Courtesy of Bonnie Gates
from her dad, Harry Sipp*

2 cups raw sour milk (may need add
3 tablespoons vinegar)
1 teaspoon soda
Sprinkle of salt
1 cup of flour

1. If milk is not sour add vinegar and let set a few minutes to sour milk.
2. Mix in dry ingredients to make medium batter.
3. Adjust flour or liquid as needed to make batter desired consistency.
4. Add oil to skillet and heat, pour batter into skillet and turn pancake when bubbles pop on top.
5. Pancakes will have crispy edges when cooked with oil in skillet.

Mom's Caramel Rolls

*Courtesy of Bonnie Gates
from her mom, Clara Sipp*

They are great!

$\frac{3}{4}$ cup warm water
1 package yeast
 $\frac{1}{4}$ cup sugar
1 teaspoon salt
1 cup sugar
2 eggs
 $\frac{1}{2}$ cup oil
9 to 10 cups flour
Soft butter
Cinnamon

Brown sugar
1 cup cream or milk
Sewing thread, about 2 feet

1. Begin making about 4PM.
2. Preheat oven to 350 °F.
3. Mix warm water, yeast and sugar together and let soften.
4. Beat eggs.
5. Mix together salt, $\frac{1}{4}$ cup of sugar, eggs, oil and yeast mixture.
6. Add $\frac{1}{2}$ flour and mix, continue adding until ready to knead.
7. Knead in additional flour as needed until smooth and elastic.
8. Let set for 2 hours, then punch down, punch down again every hour until 9PM.
9. Stretch or roll dough into a rectangle, jelly roll style.
10. Spread with soft butter, sprinkle brown sugar and cinnamon.
11. Roll up from long edge, pinching the finishing edge to connect with roll.
12. Grease pan well and cover bottom with brown sugar.
13. Double the thread, holding onto the ends of the thread slide under the roll of dough up about $1\frac{1}{2}$ inches, cross the top and pull, this will slice through the roll.
14. Put the roll in the prepared pan.
15. Continue slicing up the roll and adding it to the pan.
16. Cover and let set until morning.
17. Then, pour cream or milk over the rolls.
18. Bake at 350 °F for 20 minutes.

French Toast

*Courtesy of Eileen Wilcox
from Marissa Ashworth*

12 teaspoons cinnamon
18 teaspoons nutmeg
1 tablespoon sugar
2 tablespoons butter
2 eggs
18 cups milk
14 teaspoons vanilla
4 slices of bread

1. Whisk eggs and then add all other ingredients except bread and whisk together.
2. Warm skillet and add oil or butter.
3. Dip bread in batter and fry until brown on each side.

Appetizers

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7 Layer Dip*Courtesy of Sean Benson*

- 1 whole 15 ounce can refried beans
- 1 teaspoon cumin
- 1 whole 8 ounce package cream cheese
- 1 whole 16 ounce tub sour cream
- 1 package taco seasoning
- 1 whole 16 ounce container salsa
- 2 avocados
- 1 package shredded cheese
- 1 can diced olives
- 1 medium tomato, diced

1. Stir cumin into refried beans.
2. Soften cream cheese and stir in sour cream and taco seasoning.
3. Layer as follows: (a) Spread on the bottom of a casserole dish. (b) Spread cream cheese mixture. (c) Spread salsa over the mixture. (d) Add sliced avocados. (e) Cover with shredded cheese.
4. Broil in oven for 2 to 5 minutes until cheese is melted.
5. Top with olives and diced tomatoes (layers 6 and 7).
6. Serve and enjoy!

Layered Nachos*Courtesy of Laura Benson*

- 1 bag corn tortilla chips
- 1 can black beans, rinsed and drained
- 1 can green chilies
- 1 cooked chicken breast shredded
- 1 package grated cheese

1. Layer ingredients on a large platter.
2. Broil until the cheese is melted.
3. Garnish with cilantro and serve with sour cream and salsa.

Ultimate Black Bean Nachos*Courtesy of Holly Gates*

- 1 whole 13¹/₂ ounce bag Tostitos
- 1 whole 16 ounce can black beans
- 1 whole 16 ounce jar Tostitos All Natural Mild Salsa
- 1 whole 12 ounce can whole kernel corn
- 1 bunch green onions, diced
- 1 cup cheddar cheese, shredded
- 1 tomato, chopped

1. Preheat oven to 375 °F.
2. Place Tostitos chips on baking sheet.
3. Drain black beans and corn.
4. Combine with salsa and green onions.
5. Top each chip with 2 tablespoons black bean mixture and sprinkle with cheese.
6. Bake in oven 3 to 5 minutes or until cheese melts.
7. Garnish with tomatoes and serve immediately.

Moroccan Tomato Dip*Courtesy of Laura Benson**Brand Name Cookbook*

- 1 cup tomato sauce
- ³/₄ cup garbanzo beans, drained
- ¹/₂ cup non-fat plain yogurt
- 2 tablespoons minced green onion
- 1 tablespoon fine chopped parsley
- 1¹/₂ tablespoons garlic powder
- 1 teaspoon horseradish
- 1 teaspoon ground cumin
- 1 teaspoon curry powder
- ¹/₂ teaspoon paprika

1. Preheat oven 375 °F.
2. In blender, process tomato sauce, garbanzo beans and yogurt until smooth.

3. Pour into small bowl.
4. Stir in remaining ingredients.
5. Cover and chill for 8 to 24 hours.
6. Serve with Pita Chips: Cut pita bread into wedges; separate wedge into 2 pieces.
7. Place on cookie sheet and brush with fresh lemon juice and melted butter.
8. Sprinkle lemon salt over top.
9. Bake oven for 7 to 9 minutes or until crisp.

Vietnamese Rolls with Peanut Dipping

Sauce

Courtesy of Laura Benson

Yields 12 servings

Sauce

- $\frac{1}{2}$ cup seasoned rice vinegar
- $\frac{1}{4}$ cup honey
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{3}$ cup finely chopped roasted peanuts

Rolls

- 1 tablespoon peanut oil
- 4 teaspoons minced peeled fresh ginger
- 4 garlic cloves, minced
- 1 pound skinless, boneless chicken breast, cut into $\frac{1}{4}$ inch wide strips
- $\frac{1}{3}$ cup hoisin sauce
- 1 teaspoon hot chili sauce
- 12 sheets of 8 inch wide rice paper
- 3 cups thinly sliced romaine lettuce
- 1 cucumber, seeded, peeled and julienne-cut
- 1 red bell pepper, julienne-cut
- 36 mint leaves.

Sauce

1. Combine first 3 ingredients in a small bowl, stirring until honey dissolves.
2. Stir in peanuts.

Rolls

1. Heat oil in large non-stick skillet over medium-high heat.
2. Add ginger, garlic, and chicken; sauté 5 minutes.
3. Combine chicken mixture, hoisin sauce, and chili sauce, chill.
4. Add hot water to a large, shallow dish to a depth of 1 inch.
5. Place 1 rice paper sheet in dish.
6. Let stand 30 seconds or until soft.
7. Place sheet on a flat surface. Arrange $\frac{1}{4}$ cup lettuce over half of sheet, leaving a 1 inch border.
8. Top lettuce with $\frac{1}{4}$ cup chicken mixture, 3 cucumber strips, 3 bell pepper strips, and 3 mint leaves.
9. Folding sides of sheet over filling and starting with filled side, roll up jellyroll fashion. Gently press seam to seal.
10. Place roll, seam side down, on serving platter (cover to keep from drying).
11. Repeat procedure with remaining ingredients.
12. Slice each roll in half diagonally.
13. Serve rolls with sauce.

Crispy Wontons

Courtesy of Laura Benson

3/4 pound ground turkey, cooked
 8 water chestnuts, finely chopped
 1/4 cup finely chopped green onions
 1 tablespoon soy sauce
 1/2 teaspoon salt
 1 teaspoon cornstarch
 1/2 teaspoon grated fresh ginger root
 1 package wonton skins
 Vegetable oil for frying
 Hot mustard / sweet and sour sauce

1. Combine first 7 ingredients in a medium bowl, mix well.
2. Place 1/2 teaspoonful turkey mixture in center of each wonton skin.
3. Fold wonton skin over filling to form a triangle. Turn over; moisten 1 corner with water. Overlap opposite corner over moistened corner, press firmly.
4. Heat oil in wok or large saucepan over medium heat.
5. Deep fry wontons, a few at a time, 2 to 3 minutes or until golden brown and crispy.
6. Drain on paper towels.
7. Serve warm with mustard and sweet and sour sauce.

Curried Chicken Lettuce Wraps

Courtesy of Eileen Wilcox

Yields 12 appetizers

1/2 cup fat-free sour cream
 1/4 cup fat-free mayo
 1 teaspoon ground curry powder
 1 garlic clove, pressed
 1/4 teaspoon salt
 1/2 cup finely diced celery

1 Granny Smith apple, cored and chopped
 1/4 cup finely chopped red onion
 2 cups diced cooked chicken
 1/2 cup sweetened dried cranberries
 Bibb lettuce leaves approximately 1 head
 1/4 cup toasted sliced almonds, chopped

1. Combine sour cream, mayo, curry powder, pressed garlic and salt.
2. Add celery, apple, onion, chicken and cranberries to sour cream mixture; mix well.
3. Place one scoop chicken mixture onto each lettuce leaf. If desired, sprinkle chopped almonds over chicken mixture.
4. Roll up and serve.

Alternative If desired, 6 inch flour tortillas can be substituted for the lettuce leaves.

Stuffed Mushrooms

Courtesy of Sandy Beresford

Mushrooms
 Cream cheese
 Garlic salt

1. Remove stem from mushrooms and put on baking sheet.
2. Stuff with cream cheese.
3. Sprinkle with garlic salt.
4. Broil until lightly browned.

Vegetable Dip

Courtesy of Eileen Wilcox

1 pint sour cream
 1 cup mayo
 2 tablespoons dry onion
 2 tablespoons parsley
 2 tablespoons dill weed

1 tablespoon Beau Monde

1. Mix together and let rest for an hour or more in the refrigerator.

Artichoke Dip

Courtesy of Eileen Wilcox

1 1/2, 13 ounce cans of artichokes in water, drained and chopped

1 1/2 cups mayo

1 whole 6 ounce can green chilies, chopped

6 ounces of grated Parmesan cheese

1. Preheat oven to 350 °F.
2. Combine all ingredients; mix well.
3. Bake in 1 quart greased baking dish at 350 °F for 20 minutes.
4. Serve with corn chips or crackers.

Hot and Spicy Mexican Dip

Courtesy of Holly Gates

1 tablespoon minced onion

1 tablespoon chili powder

1 1/2 teaspoons garlic powder

1 1/2 teaspoons dried cilantro

1 1/2 teaspoons dried parsley

1/2 teaspoon cayenne

1/2 teaspoon cumin

1/4 teaspoon pepper

1/4 teaspoon salt

1 1/2 cup sour cream

1. Mix all together and let rest for an hour or more.

Fiesta Mix Dip

Courtesy of Holly Gates

1 tablespoon chili powder

2 teaspoons dried parsley

1 teaspoon sugar

1/2 and 1/8 teaspoon garlic powder

1/4 and 1/8 teaspoon onion powder

1/4 and 1/8 teaspoon dried cilantro

1/8 heaping teaspoon cayenne

1/8 teaspoon salt

1 cup mayonnaise

1 cup sour cream

1. Mix all together and let rest for an hour or more.

Onion Cheese Dip

Courtesy of Holly Gates

2 tablespoons minced onion

1 teaspoon beef bouillon granules

2 tablespoons Parmesan cheese

1/2 teaspoon garlic salt

2 cups sour cream

1. Mix all together and let rest for an hour or more.

Parmesan Herb Mix Dip

Courtesy of Holly Gates

2 tablespoons Parmesan cheese

1 tablespoon dried parsley

1 teaspoon minced onion

1 teaspoon sugar

1/4 teaspoon oregano

1/4 teaspoon basil

1/4 teaspoon thyme

1/4 teaspoon garlic powder

1/8 teaspoon pepper

1 cup mayo

1 cup sour cream

1. Mix all together and let rest for an hour or more.

Spicy Cajun Dip

Courtesy of Holly Gates

1 tablespoon Hungarian paprika

1/3 teaspoon thyme

3/4 teaspoon oregano

3/4 teaspoon onion powder
 1/2 teaspoon cayenne
 1/2 teaspoon garlic powder
 1/4 teaspoon pepper
 1/4 teaspoon sugar
 2 cups sour cream

1. Mix all together and let rest for an hour or more.

Apple Dip

*Courtesy of Eileen Wilcox
from Lyla Thiemet*

1 whole 7 ounce jar marshmallow cream
 2 whole 3 ounce packages cream cheese
 3 tablespoons frozen orange juice
 3 shakes of cinnamon

1. Cream together cream cheese and juice.
2. Fold in marshmallow cream and cinnamon.

Caramel Apple Dip

*Courtesy of Eileen Wilcox
from Lyla Thiemet*

1/2 jar of caramel ice cream topping
 8 ounces softened cream cheese
 1 teaspoon vanilla
 1/4 cup brown sugar

1. Mix all ingredients together until smooth

Asiago Cheese Dip

*Courtesy of Eileen Wilcox
from Andy Pai*

3/4 cup grated asiago cheese
 1/2 cup sliced mushrooms
 1/2 cup sliced green onions
 1/4 cup reconstituted sundried tomatoes,
 julienned
 2 cup mayonnaise
 2 cup sour cream

1. Preheat oven to 350 °F.
2. Set aside 1/4 cup of the asiago cheese.
3. Combine all remaining ingredients.
4. Mix well and put into a 1 –quart baking dish.
5. Sprinkle the remaining cheese over the top.
6. Bake for 10 to 15 minutes or until cheese on top is golden brown.
7. Serve with slices of toasted Buffalo Gold Beer Bread.

Buffalo Gold Beer Bread

*Courtesy of Eileen Wilcox
from Andy Pai*

1 cup sugar
 1 cup chopped green onions
 1 1/4 cup grated sharp cheddar
 1 tablespoon salt
 1 tablespoon baking powder
 4 cups Buffalo Gold beer
 8 cups all-purpose flour

1. Preheat oven 350 °F.
2. Combine first six ingredients in large mixing bowl.
3. Add flour all at once and mix by hand until just combined. Do not over mix, or bread will be tough.
4. Divide into 8 mini loaf pans (This is very important — regular bread pans won't work).
5. Bake at 350 °F for 45 minutes.

Breads

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Lemon Poppy Seed Bread

*Courtesy of Laura Benson
Colorado Springs Newspaper*

Bread

4 cups flour
1½ teaspoons salt
1½ teaspoons baking powder
2⅓ cup sugar
1½ teaspoons vanilla extract
1½ teaspoons almond extract
1½ cups whole milk
1½ cups corn oil
3 eggs
1½ tablespoons poppy seeds

1. Preheat oven to 325 °F.
2. Combine and blend flour, salt, baking power, and sugar for 1 minute.
3. Add the rest of the ingredients to flour mixture and stir until combined.
4. Grease and flour 2, 8 inch × 4 inch pans.
5. Bake for 1 hour.

Glaze

¼ cup lemon juice
½ teaspoon vanilla extract
½ teaspoon almond extract
2 tablespoons butter
¾ cup powdered sugar

1. Heat following ingredients in saucepan over medium heat and pour over warm bread.

Banana Bread

Courtesy of Sandy Beresford

1 cup sugar
1 cup mashed bananas
½ cup softened butter
¼ cup milk

1 teaspoon vanilla
2 eggs
2 cups flour
½ cup chopped nuts
1 teaspoon soda
1 teaspoon salt

1. Preheat oven to 350 °F.
2. Grease bottom only of 9 inch × 5 inch or 8½ × 5 loaf pan.
3. In large bowl, blend first 6 ingredients. Beat 1 minute.
4. Stir in remaining ingredients just until moist.
5. Pour into prepared pan.
6. Bake at 350 °F for 50 to 60 minutes or until toothpick inserted in center comes out clean.
7. Cool 5 minutes, remove from pan and cool completely.

Zucchini Bread

Courtesy of Sandy Beresford

2 cups sugar
3 eggs
1 teaspoon vanilla
1 cup oil
1 teaspoon salt
¼ teaspoon baking powder
3 cups flour
1 teaspoon soda
2 teaspoons cinnamon
2 cups grated zucchini
¾ cup chopped nuts

1. Preheat oven to 350 °F
2. Mix together the sugar, eggs, vanilla, and oil.

3. Add the rest of the ingredients.
4. Grease and flour 2 loaf pans.
5. Bake at 350 °F for 55 to 60 minutes.

Pumpkin Bread

Courtesy of Sandy Beresford

2 cups pumpkin
 3 cups sugar
 1 cup oil
 $\frac{2}{3}$ cup water
 4 eggs
 $3\frac{1}{2}$ cup flour
 2 teaspoons soda
 $1\frac{1}{2}$ teaspoons salt
 1 teaspoon cinnamon
 1 teaspoon nutmeg
 $\frac{1}{2}$ teaspoon ginger

1. Preheat oven to 350 °F.
2. Grease and flour bottoms only of two 9 inch × 5 inch loaf pans.
3. Blend first 5 ingredients; add read and stir just until moist.
4. Bake at 350 °F for 60 to 75 minutes or until toothpick tested.
5. Cool 5 minutes.
6. Remove from pan and cool completely.

Carrot Raisin Bread

Courtesy of Eileen Wilcox

Yields 2 loafs

$1\frac{1}{2}$ cups all purpose flour
 1 teaspoon cinnamon
 1 teaspoon baking powder
 1 teaspoon soda
 1 teaspoon salt
 1 cup vegetable oil
 1 cup + 2 tablespoons sugar

3 eggs
 $\frac{1}{4}$ cup molasses
 $\frac{1}{2}$ teaspoon vanilla
 1 cup shredded carrots
 1 cup raisins
 $\frac{3}{4}$ cup chopped walnuts

1. Preheat oven to 350 °F
2. Combine flour, cinnamon, baking powder, soda and salt in a large mixing bowl.
3. In another bowl, combine oil, sugar, eggs, molasses and vanilla with an electric mixer.
4. Add shredded carrot and mix.
5. Add raisins and walnuts, and mix well by hand.
6. Pour flour mixture into the other ingredients and stir until combined.
7. Pour batter into two ungreased 8 inch loaf pans. Bake for 60 minutes, or until done

Ice Box Buns

Courtesy of Bonnie Gates

1 cup luke warm water
 1 cake fresh or 1 package dried yeast
 1 tablespoon salt
 1 tablespoon sugar
 1 cup shortening
 1 cup sugar
 3 eggs
 3 cups warm water
 Enough flour to make stiff dough

1. Preheat oven 350 °F.
2. Mix and set aside the luke warm water, yeast, salt, sugar.
3. Mix together the shortening, sugar, eggs, warm water, and flour.

4. Cover tightly and put in refrigerator.
5. Punch down morning and night. Will keep for 2 to 3 weeks.
6. Make into buns and let rise 2 hours before baking.
7. Bake 15 to 20 minutes at 350 °F.

Bran Muffins

Courtesy of Lil McBrien

Yields 12 muffins or 24 mini-muffins

- 2 cups bran (oat and/or wheat)
- 1/2 cup spelt flour or whole wheat pastry flour
- 1/3 cup brown sugar
- 1 teaspoon baking powder
- 1/4 teaspoon soda
- 1 teaspoon cinnamon
- 1 1/2 cup soy milk (preferable Edensoy Extra Original plain)
- 1/4 package Mari-Nu firm silken tofu
- 1/4 cup molasses
- 1/3 cup ground flax seed
- 1/2 cup raisins

1. Preheat oven to 425 °F.
2. Combine in a bowl the bran, flour, brown sugar, baking powder, soda, and cinnamon.
3. Blend in blender until smooth the soy milk, tofu, molasses, and ground flax seed.
4. Mix liquid ingredients into dry ingredients with a few swift strokes. Do not over mix.
5. Stir in raisins.
6. Spoon into lightly oiled muffin pans.
7. Bake 14 minutes.
8. Let cool in pan about 5 minutes, then gently twist out of pan.

Bakery Rolls

*Courtesy of Eileen Wilcox
from Lyla Thiemet*

Yields 8 dozen

- 1 whole 8 ounce can evaporated milk
- 3 cups hot water
- 3 package yeast
- 1/2 cup warm water
- 3 teaspoons salt
- 3 tablespoons sugar
- 1/2 cup sugar
- 1 cup vegetable oil
- 11 cups of flour

1. Preheat oven to 350 °F.
2. Mix 3 tablespoons sugar, 1/2 cup warm water and yeast; set aside.
3. Mix evaporated milk, 3 cups hot water, 3 teaspoons salt, 1/2 cup sugar and oil in a large bowl.
4. Add dissolved yeast and 2 cups flour using mixer.
5. Add the rest of the flour.
6. Knead lightly (dough will be soft).
7. Let rise, bunch down, let rise again and make rolls.
8. Bake at 350 °F.

Rolls

*Courtesy of Eileen Wilcox
from Lyla Thiemet*

- 2 cups warm water
- 1/3 cup sugar
- 2 package yeast
- 1/2 teaspoon baking powder
- 1 teaspoon salt
- 6 1/2 cups flour
- 2 eggs
- 1/3 cup Crisco

1. Preheat oven to 350 °F.
2. Combine warm water, sugar, yeast, baking powder.
3. Add salt and 2 cups flour. Beat for 2 minutes.
4. Add eggs and Crisco. Beat for 1 minute.
5. Add 4½ cups flour.
6. Let dough rest for 30 minutes.
7. Shape and let rise until double.
8. Bake for 25 minutes at 350 °F.
11. Place rolls in a greased 13 inch × 9 inch pan.
12. Let rise 1 hour.
13. Bake at 350 °F for 15 to 20 minutes.

Easy One-Rise Carmel Rolls

Courtesy of Eileen Wilcox

Yields 12 rolls

1 cup packed brown sugar
 1 cup whipping cream
 1 package dry yeast
 ¾ cup sugar
 3½ cups bread flour, divided
 1 teaspoon salt
 1 egg
 Butter
 2 teaspoons cinnamon
 1 cup chopped pecans

Two Hour Rolls

*Courtesy of Eileen Wilcox
 from Lyla Thiemet*

½ cup sugar
 ½ cup shortening
 1 cup boiling water
 1 egg
 1 cup warm water
 2 package dry yeast
 1 teaspoon salt
 6 cups flour

1. Preheat oven to 350 °F.
2. Dissolve dry yeast in ½ cup warm water.
3. Allow to stand approximately 5 minutes.
4. Cream sugar and shortening.
5. Add boiling water and beat by mixer.
6. Add egg and beat.
7. Add yeast and water to mixture.
8. Add salt and flour; mix well.
9. Let rise 1 hour.
10. Punch down and form into rolls.
1. Preheat oven to 200 °F.
2. Mix brown sugar and cream in 10 inch × 14 inch baking pan, set aside.
3. Dissolve yeast in 1 cup warm water.
4. Stir in ¼ cup sugar.
5. Mix in half the flour, salt, egg and 2 tablespoons melted butter.
6. Knead in remaining flour until smooth and elastic.
7. Roll on floured surface into 11 inch × 18 inch rectangle.
8. Mix ½ cup sugar, cinnamon, pecans and ½ cup softened butter.
9. Spread over dough; roll as for jellyroll.
10. Cut into 12 rolls; arrange in prepared pan.

11. Turn off oven that has preheated to 200 °F
Let rolls rise in oven with pan of hot water on bottom rack until doubled in size; remove pan of water.
12. Bake at 375 °F for 20 minutes.

Goosey Cinnamon Rolls

*Courtesy of Eileen Wilcox
from Lyla Thiemet*

1 package of 18 to 24 frozen dinner rolls
1 cup pecans
1 package butterscotch dry jello pudding
Cinnamon
1/2 cup butter
1/2 cup brown sugar

1. Butter Bundt pan or angel food cake pan.
2. Place half of dinner rolls in bottom of pan.
3. Sprinkle with cinnamon; half of pudding and half of pecans over rolls.
4. Repeat with other half of rolls.
5. Melt butter and brown sugar together and pour over rolls.
6. Cover with aluminum foil and tea towel.
7. Let set overnight.
8. Bake at 350 °F for 30 minutes.

Carols Bubble Bread

Courtesy of Sandy Beresford

DELICIOUS!!

18 frozen Rhodes dinner rolls, slightly thawed, cut into 8 pieces each totaling 144 pieces
1 package butterscotch pudding
4 tablespoons cinnamon
1/2 cup butter
2 cup brown sugar
1 cup cream or milk

2 tablespoons light kart syrup
2 cups chopped walnuts or pecans
1/4 cup milk

1. Preheat oven to 350 °F.
2. Grease and flour Bundt pan.
3. Place 1/3 of the divided bread rolls into pan.
4. Sprinkle 1/3 pudding mixture over rolls.
5. Sprinkle 1/3 of chopped nuts over rolls.
6. Repeat 1/3 rolls, 1/3 pudding mixture, 1/3 nuts two more times, set aside.
7. In sauce pan cook butter, brown sugar, milk and syrup, stirring until it boils.
8. Pour sauce over rolls in Bundt pan.
9. Cover with non stick foil and a towel.
10. Let rise for 30 minutes, or when bread has risen to top of Bundt pan.
11. Bake in 350 °F oven for 20 to 30 minutes.
12. Remove from oven and let set for 10 minutes. Pour out onto a platter.

Fresh Cranberry Muffins

Courtesy of Eileen Wilcox
Yields 18 muffins

1 cup cranberries, rinsed
3/4 cup sugar
1 teaspoon grated orange rind
1 egg, beaten
1/2 cup orange juice
2 tablespoons oil
2 cups biscuit mix

1. Preheat oven to 400 °F.
2. Mix cranberries, 1/2 cup sugar and orange rind.

3. Combine egg, remaining $\frac{1}{4}$ cup sugar. Stir until just moistened.
4. Fold in cranberry mixture.
5. Fill greased muffin cups $\frac{2}{3}$ full.
6. Bake at 400 °F for 20 minutes.

Pumpkin Muffins

Courtesy of Eileen Wilcox

Yields 16 muffins

- $\frac{1}{2}$ cup sugar
- 1 cup flour
- 2 teaspoons baking powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{2}$ teaspoon nutmeg
- $\frac{1}{4}$ cup butter
- 1 egg, beaten
- $\frac{1}{2}$ cup pumpkin
- $\frac{1}{2}$ cup evaporated milk
- $\frac{1}{2}$ cup raisins
- Brown sugar, optional

1. Preheat oven to 400 °F
2. Combine first 4 ingredients.
3. Stir in egg, pumpkin, milk and raisins until just moistened.
4. Fill greased muffin cups $\frac{2}{3}$ full.
5. Sprinkle with brown sugar.
6. Bake at 400 °F for 20 minutes.

Morning Glory Muffins

Courtesy of Eileen Wilcox

Yields 24 muffins

- $2\frac{1}{2}$ cups sugar
- 4 cups flour
- 4 teaspoons cinnamon
- 4 teaspoons baking soda
- 1 teaspoon salt

- 4 cups shredded carrots
- 1 cup chopped walnuts
- 1 cup raisins
- 1 cup flaked coconut
- 6 eggs, beaten
- 1 cup applesauce
- 1 cup oil
- 1 teaspoon vanilla

1. Preheat oven to 350 °F.
2. In a large bowl, using a wire whisk, blend sugar, flour, cinnamon, soda and salt.
3. Add carrots, walnuts, raisins and coconut; mix well.
4. Add remaining ingredients, stirring until well blended.
5. Spoon batter into 24 greased muffin cups.
6. Bake at 350 °F for 20 minutes or until muffins are browned and test done.

Cornbread Muffins

Courtesy of Sandy Beresford

- $\frac{1}{2}$ cup butter
- 1 tablespoon vinegar
- 1 cup, minus 1 tablespoon, milk
- $1\frac{1}{2}$ cup cornmeal
- $\frac{3}{4}$ cup flour
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ teaspoon salt
- 2 eggs
- $1\frac{1}{4}$ teaspoons baking soda

1. Preheat oven to 375 °F.
2. Melt butter and set aside.
3. Pour vinegar into measuring cup and add milk. Set aside.
4. In large bowl, combine cornmeal, flour, sugar and salt.

5. Make well in center and pour in eggs and butter.
6. Add soda to milk, stir and add to mixture in bowl.
7. Mix well.
8. Pour into muffin tins (lined with paper).
9. Bake 375 °F for 25 minutes. Serve with butter and maple syrup.
8. Cover and let rise until double, approximately 45 minutes.
9. Divide into 4 parts. Form into balls.
10. Cover and let rest 10 minutes.
11. Form 4 loaves and place in greased four 9 inch × 5 inch × 3 inch loaf pans.
12. Cover and let rise until doubled about 45 minutes.

Whole Wheat Bread

Courtesy of Eileen Wilcox

Yields 4 loaves

2 whole 1/4 ounce packages active dry yeast
 4 cups warm water (110 to 115 °F)
 4 tablespoons sugar
 4 teaspoons salt
 8 cups white flour
 1/2 cup butter, melted
 1 cup brown sugar
 1 cup hot water
 6 to 8 cups whole wheat flour

1. Preheat oven to 350 °F.
2. Combine the first 5 ingredients and beat the following until smooth. Will resemble thick paste.
3. Keep dough in warm place until light and bubble, approximately one hour.
4. After one hour combine and add the butter, brown sugar, and hot water.
5. Add the whole wheat flour and mix until smooth.
6. Turn dough onto lightly floured surface. Knead 10 minutes.
7. Place in greased bowl, turning so top is greased.

13. Bake at 350 °F for 40 minutes.

14. Remove from pans to cool on wire racks.

Sour Cream, Cheddar and Onion Drop Biscuits

Courtesy of Laura Benson

Yields 1 dozen

2 cups all-purpose flour
 1 tablespoon sugar
 2 teaspoons baking powder
 1 teaspoon salt
 1/4 teaspoon baking soda
 3 tablespoons chilled butter, cut into small pieces
 3/4 cup shredded reduced-fat sharp cheddar cheese
 1/4 cup finely chopped green onions
 1 cup fat-free buttermilk
 1/2 cup fat-free sour cream
 Cooking spray

1. Preheat oven to 450 °F.
2. Lightly spoon flour into dry measuring cups, level with knife.
3. Combine flour, sugar, baking powder, salt and baking soda in large bowl, stirring with a whisk.
4. Cut in butter with a pastry blender.
5. Add cheese and onions, toss well.

6. Add buttermilk and sour cream until moist.
7. Drop dough by $\frac{1}{4}$ cupfuls onto a baking sheet coated with cooking spray.
8. Bake at 450 °F for 15 minutes or until edges are brown.
9. Remove biscuits from pan, cool on wire racks.

Spanish Toast

Courtesy of Laura Benson

8 whole 2 ounce slices sourdough bread
 4 garlic cloves, halved
 4 small tomatoes, cut in half crosswise
 4 teaspoons extra virgin olive oil
 $\frac{1}{4}$ teaspoon kosher salt
 $\frac{1}{4}$ teaspoon ground pepper

1. Prepare grill.
2. Place bread slices on grill rack, grill 2 minutes on each side until lightly browned.
3. Rub 1 side of each bread slice with 1 garlic clove half and 1 tomato half.
4. Discard tomato peels.
5. Drizzle $\frac{1}{2}$ teaspoon olive oil over each bread slice.
6. Sprinkle evenly with salt and pepper.

Bran Muffins Made Easy

*Courtesy of Bonnie Gates
 from Susan Boone*

5 cups flour
 2 cups sugar
 5 teaspoons baking soda
 2 teaspoons salt
 15 ounce package Raisin Bran Cereal
 Optional: raisins, nuts and vanilla to taste

1 quart buttermilk
 4 eggs, beaten
 1 cup oil

1. Preheat oven to 400 °F.
2. Mix flour sugar, baking soda and salt in a big bowl.
3. Add to dry ingredients Raisin Bran and optional raisins, nuts and vanilla if desired and mix together.
4. Add buttermilk, eggs and oil and mix together.
5. Pour into muffin cups and bake 15 to 20 minutes at 400 °F.
6. Freeze or store in airtight container up to 6 weeks in refrigerator.

Banana Oat Muffins

Courtesy of Leigh Brodie

$2\frac{1}{2}$ cups oats
 $\frac{3}{4}$ cup sour milk
 2 eggs
 $\frac{1}{4}$ cup honey
 2 teaspoons or 1 tablespoon baking powder; more makes muffin fluffier
 1 teaspoon or $1\frac{1}{2}$ teaspoons baking soda; more makes muffin fluffier
 4 tablespoons of flaxseed meal
 1 teaspoon vanilla
 2 ripe bananas
 Chocolate chips

1. Preheat oven to 350 °F.
2. Butter muffin tin.
3. Place oats in food processor and pulse.
4. Add all other ingredients except chocolate chips to food processor and process until smooth.

5. Add two tablespoons batter to each muffin tin.
6. Add a few chocolate chips and then two more tablespoons of batter. This ensures each muffin had chocolate chips.
7. Bake at 350 °F for 18 to 20 minutes until toothpick comes out clean.
8. Turn muffins onto wire rack and cool.

Rhubarb Jam

Courtesy of Bonnie Gates

4 cups rhubarb, chopped
3 cups sugar
1 small box jello, any flavor

1. Cook sugar, jello and rhubarb together stirring until dissolve.
2. Seal in jars and put in refrigerator.

Pizza Crust

Courtesy of Sandy Beresford

Yields 2 pans

1 package yeast (3 pans same)
1/4 cup warm water (3 pans same)
1 1/3 tablespoon shorting (3 pans 2 tablespoons)
2/3 cup boiling water (3 pans 1 cup)
1 teaspoon salt (3 pans 1 1/2 teaspoons)
2 cups flour (3 pans 3 cups)

1. Dissolve yeast in warm water.
2. Mix together shorting, boiling water and salt.
3. Add yeast mixture and stir.
4. Mix in half flour.
5. Knead in remaining flour until smooth and elastic.

Pasta and Rice

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Curried Couscous Salad with Dried Cranberries

Courtesy of Holly Gates

Yields 8, 1 cup servings

Salad

1½ cups uncooked couscous
(approximately 1 whole 10 ounce box)
1 cup dried cranberries (approximately
4 ounces)
1 cup frozen peas, thawed
½ teaspoon curry powder
2 cups boiling water
¼ cup thinly sliced green onions
¼ cup finely chopped fresh basil
1 whole 15½ ounce can chickpeas
(garbanzo beans), rinsed and drained

Dressing

⅓ cup fresh lemon juice
1 tablespoon grated orange rind
2 tablespoons water
1½ tablespoons olive oil
1 tablespoon thawed orange juice
½ teaspoon salt
¼ teaspoon black pepper
4 garlic cloves, crushed

1. To prepare salad, combine first 4 ingredients in a large bowl.
2. Pour 2 cups boiling water over the couscous mixture, cover and let stand 5 minutes.
3. Fluff with fork; cool.
4. Stir in onions, basil and chickpeas.
5. To prepare dressing combine lemon juice and the remaining ingredients in a jar; cover tightly and shake vigorously.
6. Pour over couscous mixture, and toss well to combine.
7. Cover and chill for 1 hour.

Pistachio Pesto Pasta

Courtesy of Lil McBrien

Pesto

2 cups chopped basil leaves
½ cup pistachios
½ cup olive oil
½ cup grated Parmesan cheese
1 tablespoon minced fresh garlic
¾ teaspoon salt

Place dry ingredients in food processor and turn on.

Slowly add oil until mixture is smooth and uniform.

Adjust seasoning.

Pasta

2 cups cooked pasta (linguine)
12 black olives
3 artichoke hearts quartered
2 tablespoons pesto
½ cup diced tomatoes
1 cup shredded onions, green and red peppers
¼ pound cubed tofu

1. Sauté tofu in pan with 2 tablespoons olive oil.
2. Season with tamari (or salt) and a little paprika, garlic and black pepper.
3. Sauté vegetables in separate pan with 1 tablespoon olive oil until bright in color.
4. Add 2 to 3 tablespoons pesto to vegetables. Mix well.
5. Add hot linguine and continue to mix well.
6. Place on plate and top with tofu.

MijBani's Coconut-Lemon Rice*Courtesy of Lil McBrien*

Yields 4 servings

This traditional South Indian rice recipe is quick, light and delicious with curries, stews or yogurt.

1 cup rice, basmati or long grain preferred
 2 cups water to cook rice
 4 tablespoons vegetable oil
 1 cup unsweetened dry or fresh coconut
 1 teaspoon cumin seeds
 1 teaspoon black mustard seeds
 2 teaspoons urad daal, (split hulled and white available at Indian stores, optional but recommended)
 4 dry red whole chilies (reduced for mild flavor)
 4 bay leaves
 1 inch piece cinnamon stick
 2 cloves
 2 tablespoons unsalted roasted peanuts
 2 tablespoons raw cashews
 1/2 teaspoon salt
 3/4 teaspoon turmeric
 4 tablespoons lemon/lime juice

1. Preheat oven to 350 °F.
2. Rinse rice.
3. Add measured water to rice in a medium size pot.
4. Add salt, stir and bring to a boil.
5. Reduce heat to low, cover and cook rice for 12 minutes.
6. Make sure the grains are fluffy, separate and not sticky.
7. Lift cover when cooked, let it cook for 3 minutes more to let the water evaporate more.
8. Take it off heat and set aside.

9. Heat oil on medium heat in a wide pan or skillet for 1 minute.
10. Add cumin, mustard seeds, urad dall, cinnamon cloves and chilies.
11. Cook for 1 to 2 minutes, until urad daal and cumin turn golden and mustard turns gray.
12. The chilies will turn almost black, and cinnamon dark brown.
13. Stir occasionally. Make sure not to overcook or the spices will turn black.
14. Reduce heat to med-low, continue stirring.
15. Add bay leaves and nuts. Cook for 2 minutes or until nuts turn golden brown.
16. Add turmeric and stir the whole mixture.
17. Add cooked rice and coconut.
18. Mix all ingredients, turning it inside and out with a spatula so that the spices mix evenly.
19. Take it off heat and add lemon juice; stir well.

Bow Tie Pasta*Courtesy of Sandy Beresford*

1 pound bow tie pasta
 1 pound hot Italian sausage
 1 large onion
 1/2 chopped green pepper
 1/2 chopped red pepper
 1/2 whole 28 ounce can green chilies, chunked
 1/2 teaspoon garlic
 1 cup plain yogurt
 1 whole 16 ounce jar Pace Picante Sauce
 4 to 5 shakes of Tabasco

1. Preheat oven to 350 °F.
2. Boil pasta until almost done — drain and set aside.
3. Brown sausage and onion together and drain.
4. Then add the rest of the vegetables.
5. Cook the meat mixture until the peppers are soft.
6. Place mixture in large bowl and add the yogurt, picante sauce, and Tabasco.
7. Mix together and place in baking dish.
8. Bake covered at 350 °F for 25 to 30 minutes, until hot and bubbly.

Hot-Cold Tuna Pasta

Courtesy of Eileen Wilcox

Yields 4 to 6 servings

2 cups cooked shell macaroni
 1½ cup shredded sharp Cheddar cheese
 1 whole 6½ can tuna, drained
 2 medium tomatoes, chopped
 2 medium cumpers, peeled and chopped
 ½ medium green pepper, chopped
 ½ cup mayo

1. Mix hot macaroni, cheese and tuna.
2. Add remaining ingredients; toss to coat.
3. Chill for 2 hours.

Macaroni-Cheese Casserole

Courtesy of Eileen Wilcox

Yields 8 servings

1 whole 7 ounce package macaroni,
 cooked and drained(4 cups)
 2 cups shredded sharp Cheddar cheese,
 8 ounces
 ½ an 8 ounce package round cheese
 crackers, crushed(1½ cups crumbs)

1 whole 10¾ ounce can condensed
 cream of mushroom soup
 1 whole 6 ounce can sliced mushrooms,
 drained
 ¾ cup milk
 ¼ cup chopped onion
 ¼ cup chopped green pepper
 ¼ cup chopped canned pimienta
 Green pepper rings

1. Preheat oven to 325 °F.
2. Combine cooked macaroni, shredded cheese, 1 cup of cracker crumbs, mushroom soup, sliced mushrooms, milk, chopped onion, chopped green pepper and chopped pimienta.
3. Turn mixture into 2 –quart casserole; sprinkle with remaining ½ cup cracker crumbs.
4. Bake at 325 °F til hot; 45 to 50 minutes.
5. Garnish casserole with green pepper rings.

Cheese Filled Jumbo Shells

*Courtesy of Eileen Wilcox
 from Jane Ruble*

Yields 8 to 10 servings

1 whole 12 ounce package Jumbo Shells,
 cooked and drained
 4 cups ricotta cheese
 2 cups shredded mozzarella cheese
 ¾ cup grated Parmesan cheese
 2 eggs
 1 tablespoon chopped fresh parsley
 ¾ teaspoon dried oregano
 ½ teaspoon salt
 ¼ teaspoon ground black pepper
 3 cups spaghetti sauce

1. Preheat oven to 375 °F.

2. In large bowl, stir together cheeses, eggs, parsley, oregano, salt and pepper.
3. In 13 inch × 9 inch baking dish, spread 1/2 cup spaghetti sauce; fill each cooked shell with about 2 tablespoons cheese mixture.
4. Layer 1/2 filled shells in prepared baking dish; spread 1/2 remaining sauce over shells.
5. Layer remaining filled shells over sauce; spread remaining sauce over shells.
6. Sprinkle with additional Parmesan cheese, if desired. Cover with foil. Bake 35 minutes or until hot and bubbly.

Make Ahead Directions

1. Prepare recipe as directed but do not bake.
2. Cover with plastic wrap, then foil.
3. Refrigerate up to 24 hours or freeze up to 2 months.
4. Remove plastic wrap; replace foil.
5. Bake refrigerated jumbo shells at 350 °F approximately 1 hour; frozen jumbo shells approximately 2 hours or until hot and bubbly.

Salads and Sauces

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Southwestern Corn and Bean Salad

Courtesy of Lil McBrien

3 large ears of corn husked
 1/3 cup pine nuts
 1/4 cup lime juice
 2 tablespoons extra-virgin olive oil
 1/4 cup chopped fresh cilantro
 1/2 teaspoon salt
 Freshly ground pepper to taste
 2 whole 15 ounce cans black beans,
 rinsed
 2 cups shredded red cabbage
 1 large tomato, diced
 1/2 cup minced red onion

1. Bring 1 inch water to boil in Dutch oven.
2. Add corn cover and cook until just tender, about 3 minutes.
3. When cool enough to handle cut kernels from cobs using a sharp knife
4. Meanwhile, place pine nuts in a small dry skillet over medium-low heat.
5. Cook stirring until fragrant and lightly browned 2 to 4 minutes.
6. Whisk lime juice, oil, cilantro, salt and pepper in large bowl.
7. Add corn, pine nuts, beans, cabbage, tomatoes and onions. Toss to coat.
8. Refrigerate until ready to serve.

Oriental Chicken Salad

Courtesy of Laura Benson

1/4 cup vegetable oil
 3 tablespoons sugar
 2 tablespoons red wine or rice vinegar
 1 tablespoon soy sauce
 1/4 pound Chinese pea pods, cut diagonally
 3 cups coleslaw salad mixture

1 whole 10 ounce can chunk chicken, drained

1/2 cup sliced almonds, toasted
 1/2 package Ramen noodles crushed

1. Mix oil, sugar, vinegar and soy sauce in large bowl.
2. Add remaining ingredients, toss to coat, serve at once.

Asian Chicken Salad

Courtesy of Laura Benson

Yields 4 servings

2 cups cooked chicken, skin removed, cut into bite-sized pieces.

4 cups shredded cabbage

1 cup sliced mushrooms

1 cup grated carrots

2 tablespoons chopped cilantro

1 cucumber, thinly sliced

3 green onions, thinly sliced

1 tangerine, divided

1/2 cup nonfat oriental-style salad dressing
 black pepper

1. In large bowl, combine chicken, cabbage, mushrooms, carrots, cilantro, cucumber, and dressing. Toss well.
2. Top with green onions and tangerine sections. Pepper to taste

Three Bean Salad

Courtesy of Laura Benson

Joy of Cooking

1 cup 1/2 inch pieces green beans

1 cup 1/2 inch pieces yellow wax beans

1 whole 16 ounce can kidney beans,
 drained

1/2 cup chopped green pepper

1/2 cup red wine vinegar

3/4 cup sugar

1 teaspoon minced fresh tarragon

1 teaspoon salt
 1/2 teaspoon ground black pepper
 1/4 cup roasted red pepper, chopped

1. Boil green and yellow wax beans in salted water to cover until tender but still crunchy, about 2 minutes.
2. Drain and place in bowl.
3. Add kidney beans and green pepper. Stir to combine.
4. Combine wine, sugar, tarragon, salt and pepper into a dressing.
5. Pour dressing over bean mixture, toss.
6. Add red pepper.
7. Cover and chill for at least 6 hours.

Fruit and Honey Spinach Salad

Courtesy of Holly Gates

Yields 6, 2 cup servings

8 cups spinach leaves
 2 cups cantaloupe balls
 1 1/2 cups halved strawberries
 1 cup fresh blackberries
 1/4 cup seedless raspberry jam
 1/4 cup raspberry vinegar
 2 tablespoons honey
 2 teaspoons olive oil
 1/4 cup chopped macadamia nuts

1. Combine spinach, cantaloupe, strawberries and blackberries in a large bowl, and toss gently.
2. Combine jam, vinegar, honey and oil in a small bowl; stir well with a whisk.
3. Drizzle dressing over spinach mixture and toss gently to coat.
4. Sprinkle spinach mixture with chopped macadamia nuts.

Summer Salad

*Courtesy of Sandy Beresford
 from Cynda*

1/2 head cabbage, shredded
 1 whole 11 ounce can Mandarin oranges, drained (save juice)
 1/2 cups walnuts
 1/2 cup raisins
 1 pint sliced strawberries
 2 tablespoons lemon juice
 Mandarin orange juice
 1 apple, chopped
 1 banana, sliced

1. Mix together cabbage, oranges, walnuts, raisins, and strawberries.
2. Soak together lemon juice, orange juice, apples, and bananas, for 10 minutes.
3. Add apples and bananas to salad and 2 tablespoons liquid.
4. For dressing use orange Yoplait yogurt.

Mandarin Mushroom Salad

Courtesy of Sandy Beresford

Salad

1/2 cup sliced almonds
 3 tablespoons sugar
 1 head lettuce, torn up
 2 green onions, chopped
 1 whole 2 cups sliced mushrooms
 1 whole 11 ounce can mandarin oranges, drained

1. Cook sliced almonds and sugar stirring until coated.
2. Set aside on plate to cool
3. Mix together lettuce, onions, mushrooms, and oranges.
4. Top salad with almonds.

Dressing

3/4 teaspoon salt
 Dash pepper
 1/3 cup vegetable oil
 1 tablespoon + 1 teaspoon chopped
 parsley
 3 tablespoons sugar
 3 tablespoons vinegar
 Dash Tabasco

1. Mix dressing together, pour over salad, and toss.

Mandarin Salad

Courtesy of Holly Gates
Colorado Cache

1/2 head iceberg lettuce, torn in bite size
 pieces
 1/2 head romaine lettuce, torn in bite size
 pieces
 1 cup chopped celery
 2 green onions, chopped
 1 whole 11 ounce can mandarin oranges,
 drained
 1/2 teaspoon salt
 1/4 cup vegetable oil
 5 tablespoons sugar
 2 tablespoons vinegar
 Dash Tabasco
 1 tablespoon chopped parsley 1/2 cup
 sliced almonds

1. Mix together lettuce, celery, green onions, and mandarin oranges.
2. For the dressing, combine salt, oil, 2 tablespoons sugar, vinegar, Tobasco, and parsley.
3. Combine 3 tablespoons sugar and sliced almonds in saucepan over medium heat to caramelize.
4. Add dressing and caramelized almonds to salad and toss.

Seven Layer Salad

Courtesy of Eileen Wilcox

Yields 8 to 10 servings

1 whole 8 ounce package frozen cut
 asparagus
 1 whole 6 ounce jar artichoke hearts
 1/3 cup desired herb-flavored vinegar
 1 teaspoon sugar
 1 pint cherry tomatoes (2 cups)
 4 green onions
 6 cups torn salad greens
 1/4 cup grated Parmesan cheese
 (1 ounce)

1. Cook frozen cut asparagus according to package directions; drain well.
2. Drain artichoke hearts, reserving liquid.
3. In a screw top jar combine reserved artichoke liquid, herb-flavored vinegar and sugar.
4. Cover and chill in refrigerator till needed.
5. Half artichokes and tomatoes; slice onions.
6. In a large bowl layer in order: 3 cups torn greens, artichokes, tomatoes, onions, asparagus and remaining 3 cups greens.
7. Sprinkle with cheese. Cover and chill in refrigerator for 3 to 24 hours.
8. Before serving: Shake vinegar mixture; pour evenly over salad. (I use only about half of the dressing.) Toss to coat.

Frog Eye Salad

Courtesy of Eileen Wilcox
from Jane Ruble

Yields 12, 1 cup servings

1/2 cup sugar
 1 tablespoon flour

- 1/4 teaspoon salt
- 1 whole 20 ounce can pineapple chunks, undrained
- 1 whole 8 ounce can crushed pineapple, undrained
- 1 egg, beaten
- 2 tablespoons lemon juice
- 1 1/3 cups, 8 ounces, Acini di Pepe, uncooked
- 1 whole 11 ounce can mandarin orange segments, drained
- 3 1/2 cups, 8 ounces, frozen Cool Whip
- 3 cups miniature marshmallows, optional
- 1/2 cup flaked coconut, optional
- Maraschino cherries, optional

1. In medium saucepan, stir together sugar, flour and salt.
2. Drain pineapple, reserving juice to equal 1 cup.
3. With whisk, gradually stir juice and egg into sugar mixture.
4. Cook over medium heat stirring frequently, until mixture comes to a boil.
5. Stir in lemon juice.
6. Cool mixture to room temperature.
7. Meanwhile, cook pasta according to package directions; drain.
8. Rinse with cold water to cool quickly; drain well.
9. In large bowl, stir together pineapple juice mixture and pasta. Hint: you can add fruit at this time once the sauce has cooled.
10. Cover; refrigerate several hours or overnight.
11. Add crushed pineapple and chunks, oranges, 2 cups Cool Whip, marshmallows and coconut; mix gently and thoroughly.

12. Cover; refrigerate until cold.
13. Top with remaining Cool Whip; garnish with cherries.

Cranberry Sour Cream Delight

*Courtesy of Sandy Beresford
from Linda Renke*

- 1 whole 8 ounce package raspberry jello
- 2 cups boiling water
- 1 whole 16 ounce can cranberry sauce
- 1 tablespoon grated orange rind
- 1 cup sour cream

1. Dissolve jello in boiling water.
2. Add cranberry sauce gradually; stir until sauce is melted.
3. Stir in orange rind and sour cream.
4. Pour in 5 cup mold.
5. Chill until firm, about 4 hours.
6. Unmold and serve.

Orange Jello Salad

*Courtesy of Sandy Beresford
from Susan Corliss*

- 1 whole 6 ounce package of orange jello
- 1 whole 8 1/2 ounce can crushed pineapple in syrup
- 2 cups buttermilk
- 1 whole 8 ounce carton frozen whipped topping, thawed
- 1/4 cup chopped pecans

1. In large saucepan bring pineapple and syrup to a boil.
2. Remove from heat; stir in gelatin.
3. Cool to room temperature.
4. Stir in buttermilk, fold in whipped topping and pour into 8 cup mold.
5. Chill 4 hours or overnight.
6. Fits perfectly in Tupperware mold.

Lime Jello Salad

Courtesy of Sandy Beresford

2 small packages or 1 large package of each: lemon jello and lime jello
 4 cups boiling water
 1 cup mayonnaise
 3 cups cream, small curd cottage cheese
 1 cup, 8 ounce can, crushed pineapple
 $\frac{2}{3}$ cup evaporated or regular milk
 1 cup chopped nuts

1. In large bowl, dissolve jello in boiling water.
2. Chill until thickened, but not set.
3. Add mayonnaise.
4. Blend well.
5. Stir in remaining ingredients.
6. Spoon into 12 cup Bundt pan.
7. Refrigerate until set.
8. To remove from pan, dip into hot water and invert onto plate.

Hint If you cut this recipe in half, it fits perfectly into Tupperware jello molds.

Strawberry Salad

*Courtesy of Holly Gates
 from Leigh Mason*

$\frac{1}{4}$ cup sugar
 $\frac{3}{4}$ cup almonds
 1 pound spinach, torn into bite size pieces
 1 cup strawberries, sliced
 2 tablespoons sesame seeds
 1 tablespoon poppy seeds
 $\frac{1}{2}$ cup sugar
 2 teaspoon minced onion
 $\frac{1}{4}$ teaspoon paprika
 $\frac{1}{4}$ cup white wine vinegar
 $\frac{1}{4}$ cup cider vinegar

$\frac{1}{2}$ cup vegetable oil

1. Combine $\frac{1}{4}$ cup sugar and almonds; caramelize or brown.
2. Combine spinach and strawberries.
3. Combine the rest into the dressing (half is plenty).

Blue Cheese Pasta Salad

*Courtesy of Eileen Wilcox
 from Lyla Thiemet*

Noodles, cooked and drained
 2 green onions finely chopped
 1 can black olives, chopped in half
 1 big bunch red seedless grapes, chopped in half
 $1\frac{1}{2}$ cups or so of mayo
 1 chunk of blue cheese, crumbled

1. Mix all together and enjoy.

Cauliflower Pea Salad

*Courtesy of Sandy Beresford
 from Cynda*

$\frac{1}{2}$ head cauliflower; sliced thinly
 $\frac{1}{2}$ onion, finely chopped
 1 cup mayonnaise
 Salt and pepper to taste or salad seasoning
 1 box frozen peas
 $\frac{1}{2}$ cup grated cheddar cheese
 $\frac{1}{2}$ pound bacon, cooked and crumbled

1. Layer the ingredients in the order listed above in a 9 inch \times 13 inch pan.
2. Cover and refrigerate several hours before serving.

Cranberry Salad

Courtesy of Bonnie Gates

4 cups raw cranberries
 2 cups sugar (or less)

1 large can pineapple tidbits
 2 cups grapes, cut in half
 1/2 cup chopped nuts
 1 cup whipped whipping cream

1. Grid the cranberries.
2. Mix cranberries together with sugar and refrigerate overnight.
3. Next day drain well and add the rest of the ingredients.

Korean Spinach Salad

*Courtesy of Eileen Wilcox
 from Lyla Thiemet*

1 pound spinach
 1 pound can bean sprouts, drained or fresh bean sprouts
 1 whole 5 ounce can sliced water chestnuts
 1/2 pound mushrooms, sliced
 1 hard cooked eggs, chopped
 1 slices bacon, fried and crumbled
 1 cup vegetable oil
 1/4 cup vinegar
 1/3 cup catsup
 1/3 cup sugar
 1 medium onion, grated
 Salt to taste

1. Combine oil, vinegar, catsup, sugar, onion, and salt. Let stand while preparing salad.
2. Wash spinach; dry well and tear into bite sized pieces.
3. Combine spinach with bean sprouts, water chestnuts and mushrooms.
4. Toss vegetables with dressing and sprinkle salad with eggs and bacon.

Tortellini Salad

Courtesy of Sandy Beresford

Cheese Tortellini, fresh
 Mozzarella Cheese cut in squares
 Red onion, chopped
 Green pepper, chopped
 Red pepper, chopped
 Small can sliced black olives (drained)
 1 jar marinated artichoke hearts in the marinade
 Halved cherry tomatoes
 1 bottle Caesar Italian salad dressing

1. Cook Tortellini according to package, rinse and cool.
2. Mix all ingredients together and chill overnight.

Hot Mustard Sauce

Courtesy of Eileen Wilcox

1/2 cup water
 1/2 cup corn syrup
 1/3 cup + 1 tablespoon white vinegar
 1 tablespoon ground dried mustard
 4 teaspoons corn starch
 1 tablespoon vegetable oil
 1/2 teaspoon turmeric
 1/2 teaspoon salt
 10 to 14 drops habanero hot sauce

1. Combine all ingredients in a small-uncovered saucepan. Whisk until smooth.
2. Turn heat to medium and bring mixture to a boil, stirring often.
3. Sauce should thicken in 2 to 3 minutes after it begins to boil.
4. Remove sauce from heat and chill in refrigerator in a covered container.

Ginger Cranberry Sauce*Courtesy of Holly Gates*

Yields 12 servings

- 1 pound (about 4 cups) fresh cranberries, picked over and rinsed
- 2 cups sugar
- 1/2 cup water
- Zest of 1 orange, finely grated
- 1/2 cup fresh orange juice
- 2 tablespoons fresh ginger, finely minced

1. Combine all ingredients in a saucepan.
2. Cook over medium heat, stirring occasionally, until the cranberries pop open, about 10 minutes. Watch the clock. Cooking this sauce for more than 10 minutes is too long.
3. Skim any foam from the surface with a metal spoon. Let cool. Refrigerate, covered, for up to 2 months.

Hint Freezes well. If prepared ahead and frozen defrost it the day before using.

Broccoli Salad*Courtesy of Sandy Beresford***Salad**

- 3 cups broccoli flowerets
- 6 slices bacon, fried and crumbled
- 1 cup chopped red onion
- 1/2 cup shredded cheddar cheese

1. Cut flowerets off broccoli stalks. Discard stalks.
2. Toss together broccoli flowerets, bacon, onion and cheese.
3. Pour dressing over salad and toss thoroughly.
4. Cover and refrigerate until ready to serve.

5. Salad will keep several days tightly sealed in refrigerator.

Dressing

- 1 cup mayonnaise
- 2 tablespoons white vinegar
- 1/4 cup sugar

1. In small mixing bowl, combine mayonnaise, vinegar, and sugar; mix well.

Cole Slaw Dressing*Courtesy of Bonnie Gates*

- 1 medium onion, chopped small
- 1 cup sugar
- 1 cup vegetable oil
- 1/2 to 1 cup vinegar
- 1 teaspoon celery seed

1. Mix onion and sugar together and let stand 3 to 4 hours. It will make its own juice.
2. Add oil, vinegar and celery seed.
3. Shake well before using.
4. Pour over shredded cabbage.

Pineapple Cole Slaw Dressing*Courtesy of Sandy Beresford*

- Cabbage, shredded
- Mayonnaise
- 1 can crushed pineapple

1. Put desired amount of mayonnaise on cabbage.
2. Add crushed pineapple and mix well.

Fruit Salad Dressing*Courtesy of Sandy Beresford
from Carol Miller*

- 1 tub sour cream
- 1/4 cup orange juice
- 2 tablespoons honey

1. Mix all ingredients together.
2. Pour over fruit and stir well.

Fruit Salad

*Courtesy of Sandy Beresford
from mother-in-law Jean Beresford*
Yields 8 to 10 servings

Dressing

1 package orange jello
1 package vanilla pudding (NOT instant)
Juice from chunk pineapple plus enough
water to make 3 cups

1. Drain chunk pineapple well, reserving the juice for dressing.
2. Use juice from pineapple and add water to make 3 cups and put in cooking pan.
3. Empty jello and pudding packages into pan.
4. Cook and cool.

Fruit

1 large can chunk pineapple
2 cans mandarin oranges
3 bananas
1 package frozen strawberries

1. Put pineapple and oranges in bowl.
2. Cover with cooled dressing and mix well.
3. Refrigerate until ready to serve.
4. Before serving slice bananas and add with strawberries to fruit mixture.
5. Stir and serve.

Soups and Stews

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Moroccan Stew*Courtesy of Lil McBrien*

- 1 medium onion, quartered
 - 1 teaspoon turmeric
 - A pinch of saffron
 - 2 tablespoons olive oil
 - 2 sliced carrots
 - 1 whole 16 ounce can whole tomatoes
 - 1 cinnamon stick
 - 2 sliced zucchinis
 - 1/4 cup raisins
 - 1 can garbanzo beans, rinsed and drained
1. Sauté onions with turmeric, saffron, and olive oil until tender.
 2. Add carrots, tomatoes, and cinnamon stick; cook approximately 10 minutes.
 3. Add zucchini, raisins, and garbanzo beans; cook until zucchini is tender.
 4. Salt and pepper to taste.
 5. Serve over couscous or quinoa topped with slivered almonds and cilantro.

Baked Potato Soup*Courtesy of Eileen Wilcox*

- 2 potatoes, approximately 2 cups chopped
- 3 tablespoons butter
- 2 cups chopped white onion
- 2 tablespoons flour
- 4 cups chicken stock; I use 6 cups chicken broth
- 2 cups water; I use extra broth and no water
- 1/4 cup corn starch
- 1 1/2 cup instant mashed potato flakes
- 1 teaspoon salt
- 3/4 teaspoon ground pepper
- 1/2 teaspoon basil
- 1/8 teaspoon thyme
- 1 cup half and half; I use skim milk

- 1/2 cup shredded cheddar cheese
- 8 ounces bacon cooked and crumbled
- 2 green onion tops, chopped

1. Bake potatoes 1 hour at 400 °F or use potato bag in microwave, cool.
2. As potatoes cool prepare soup by melting butter in a large saucepan and sauté onion until light brown.
3. Add flour to the onions and stir to make a roux.
4. Add chicken stock and water, add cornstarch, spices and mashed potato flakes.
5. Bring to a boil, reduce heat and simmer for 5 minutes.
6. Cut potatoes in half lengthwise and scoop out contents with a large spoon. Discard skin.
7. Chop baked potato into 1/2 inch chunks.
8. Add chopped baked potato and half and half to saucepan, bring soup back to a boil, then reduce heat and simmer soup another 15 to 20 minutes or until thick.
9. Garnish and serve.

Potato-Mushroom Soup*Courtesy of Eileen Wilcox*

- 1 medium onion, finely chopped
- 1/4 pound mushrooms, chopped
- 3 tablespoons butter
- 3 tablespoons flour
- 3 cups chicken broth
- 3 medium potatoes, chopped
- 2 cups milk
- 1 teaspoon Worcestershire sauce
- 1 whole 2 tablespoons chopped parsley
- Salt and pepper
- Grated cheese

1. Sauté onion and mushrooms in butter.
2. Blend in flour.
3. Add remaining ingredients except cheese.
4. Bring to a boil.
5. Simmer, covered, for 20 minutes or until potatoes are tender.
6. Sprinkle cheese in serving bowls. Pour soup over cheese.

Green Chili

Courtesy of Sandy Beresford

- 1 boneless pork loin
- 1 large onion, diced.
- 2 whole 28 ounce cans whole green chilies, cut in 1 inch strips
- 4 cans undiluted chicken broth
- 1 whole 3 ounce can jalapeños, chopped
- 1 teaspoon garlic powder
- 1 tablespoon cumin
- 1 tablespoon oregano
- 3 cups water

1. Cut pork loin into 1/2 inch pieces, dredge in flour and sear in a large frying pan to seal.
2. Remove and brown onion.
3. Combine all ingredients in large pan and simmer for 3 hours.
4. Thicken more if desired with cornstarch.

Hamburger Soup

Courtesy of Sandy Beresford

- 1 pound hamburger
- 1/2 small onion, diced
- 1 large can V-8 (2 quarts)
- 2 to 3 potatoes, diced

- 1/2 pound carrots, diced
- 1 package frozen mixed vegetables

1. Cook the hamburger and onion together; drain away the fat.
2. Add hamburger mixture to large pan with the rest of the ingredients.
3. Simmer all for 1 to 2 hours, until soup thickens.

Red Chili

Courtesy of Sandy Beresford

- 2 pound hamburger
- 1 small onion
- Salt and pepper to taste
- 2 cans V-8 Juice (11 1/2 ounces each)
- 1 package Schillings Hot Chili Seasoning
- 1 package Schillings Chili Seasoning
- 1 whole 15 ounce can red kidney beans or chili beans
- 1 whole 14 ounce can stewed tomatoes
- 2 whole 14 ounce cans stewed tomatoes, blended
- 1 cup water

1. Brown the hamburger and onion; drain away the fat. Salt and pepper the hamburger to taste.
2. Add the V-8 Juice and chili seasonings to meat mixture and cook and stir until boiling.
3. Then add the rest of the ingredients.
4. Bring mixture to boil, stirring constantly. Simmer covered about 1 hour.

Layered Chili

*Courtesy of Laura Benson
Sunset*

Yields 6 servings

- 4 large onions, chopped
- 1 large green pepper, chopped

3 tablespoons salad oil
 1 tablespoon mustard seed
 1 tablespoon chili powder
 1/4 teaspoon ground cinnamon
 1 whole 16 ounce can tomatoes
 3 cans kidney beans
 1 cup water
 1 can tomato paste
 Salt to taste

1. In a 5 or 6 –quart saucepan, cook onions and green pepper in oil over medium heat until soft.
2. Add mustard seeds; cook 1 minutes Add spices, tomatoes, beans (including liquid) and tomato paste.
3. Reduce heat and simmer rapidly, uncovered for about 40 minutes until thickened.
4. Stir frequently to prevent scorching.
5. Season with salt to taste.
6. Use pink onions, relish toppings, and limes to layer on top of chili.

Pink Onions

2 cups water
 1 tablespoons vinegar
 1 large red onion, thinly sliced
 1 tablespoon salad oil
 1/2 teaspoon mustard seeds
 1/4 teaspoon cumin seeds
 Salt to taste

1. Bring to a boil 2 cups water and 1 1/2 tablespoons vinegar.
2. Add the onion; return to boil for 2 minutes and drain.
3. Add 1 1/2 teaspoons vinegar, salad oil, mustard seeds, cumin seeds, and salt.

Relish Toppings

3 chopped tomatoes
 1 can diced green chilies
 Diced and peeled cucumber
 Shredded cheddar cheese
 2 limes cut into wedges

Coley's Chili

*Courtesy of Chuck Wilcox
 from Aunt Erma*

This chili was served in Chuck's Uncle Ray and Grama Cora's restaurant, Coley's Place in Springfield Missouri. Aunt Erma worked at the restaurant as a teen and the recipe is told with her humor and memories.

1 pound suet
 15 pounds ground meat
 2 cups ground onion
 1/4 cup ground dried red hot peppers
 6 heaping mixing spoons chili powder
 3 heaping mixing spoons paprika
 2 level mixing spoons salt
 2 scoops sugar
 50 regular saltine crackers

1. Uncle Ray or Grama Cora would grind enough dried red peppers, with one of the old-fashioned meat grinders, to measure 1/4 cup and set this aside. Then the onions were ground, enough to measure the 2 cups and they were set aside. Then they would grind about 50 regular saltine crackers through the grinder. The crackers were the thickening for the chili. (They would put the ground up crackers into the empty bun box — that's your trivia for the day!) of course a bowl is good!!
2. They would cook the suet and the onions in a large stockpot (that pot was the chili cooking pot and not used for anything else) until the onions were translucent. Next the meat was put into the pot and

cooked until it was browned. You have to keep stirring the meat as it browns so it doesn't get too brown. (The meat they used was specially ground for the chili so it was ground a bit more coarse than hamburger but regular hamburger works fine.) They would mix the ground crackers, the ground red peppers, the chili powder, paprika, salt and sugar together and then mix them into the browned meat. They would add 3 quarts of water; stir really well. Let it come to a boil and then simmer for 2 hours — stirring often to keep it from sticking. If the chili looked like it was getting too thick they would add a little more water.

I cut the recipe down to use 2 pounds of meat and these are the measurements I came up with. The 2 pounds gave us enough chili for a couple of meals. My measurements came out to:

- 2 pounds ground meat
- 1 medium onion ground (I have one of the old fashioned meat grinders so I use it.)
- 1½ teaspoons ground red peppers (and I cheat and use the already ground cayenne red pepper!)
- 7 teaspoons chili powder
- 4 teaspoons paprika
- 2 teaspoons salt
- 2 tablespoons sugar
- 8 crackers ground through the grinder
- 3 cups water

Just use the same instructions as above to put it all together and simmer. Because I don't use the suet I just cook the onion in the meat while I'm browning it. While it is simmering it really will stick if you don't stir it pretty often.

They always cooked the pinto beans they used in the chili at Coley's because they served them as bean soup as well as using

them in the chili. (The steam table had a well of chili meat, one of the beans and one of macaroni which had been cooked with canned tomatoes, as some of the customers ate straight chili meat, some at chili mac and others ate chili with beans. Because of the suet used there was always a lot of fat on the top of the meat. Some of the customers wanted their chili soupy with the fat others wanted the fat drained off and as we were there to please the customers we always followed their orders!!)

Since we like bean soup I always cooked the pinto beans too, but I guess you could use canned pinto beans. Here in Texas they think they have to have red kidney beans in their chili but they also make their chili with tomatoes. They just don't know what good chili tastes like :o)

Chicken Enchilada Soup

Courtesy of Eileen Wilcox

- 1 tablespoon vegetable oil
- 1 pound chicken breast fillets
- ½ cup diced onion
- 1 clove garlic, pressed
- 4 cups chicken broth
- 1 cup masa harina (corn flour)
- 3 cups water
- 1 cup enchilada sauce
- 16 ounces Velveeta
- 1 teaspoon salt
- 1 teaspoon chili powder
- ½ teaspoon cumin
- Shredded cheddar cheese
- Crumbled corn tortilla chips
- Pico de gallo

1. Add 1 tablespoon oil to large pot over medium heat. Add chicken breasts to pot and brown for 4 to 5 minutes per side. Set chicken aside.
2. Add onions and garlic to pot and sauté

over medium heat for about 2 minutes, or until onions begin to become translucent. Add chicken broth.

3. Combine masa harina with 2 cups of water in a medium bowl and whisk until blended. Add masa mixture to pot with onions, garlic and broth.
4. Add remaining water, enchilada sauce, cheese and spices to pot and bring mixture to a boil.
5. Shred the chicken into small, bite-size pieces and add to the pot. Reduce heat and simmer soup for 30 to 40 minutes or until thick.
6. Garnish with shredded cheese, chip, and pico de gallo.
7. Serve and enjoy.

Mom's Chicken Soup

Courtesy of Sandy Beresford

Chicken pieces or whole chicken

Water

1 small onion

1 to 2 large cans broth

1 teaspoon garlic powder

1 teaspoon celery salt

1 teaspoon parsley

Salt and Pepper to taste

Noodles or dumplings

1. Take chicken pieces or whole chicken and cover with water and small onion, diced. Cook together until tender.
2. Debone chicken, place back into juice and cool in frig. Skim off fat from top.
3. Add 1 to 2 large cans broth to mixture and cook together with garlic powder, celery salt, parsley, salt, and pepper.
4. Add noodles or make dumplings to go on top.

Chicken Noodle Soup

*Courtesy of Eileen Wilcox
from Lyla Thiemet*

1 whole chicken

2 fresh zucchini diced

1 package frozen mixed vegetables

4 stalks celery

1 medium onion

1 bay leaf

1 teaspoon poultry seasoning

1 teaspoon Mrs. Dash

1 package frozen Grandma's Egg Noodles

Pepper to taste

1. Rinse chicken and put in large pot.
2. Cover with water and add all ingredients except egg noodles.
3. Cook until chicken falls away from bone.
4. Debone cooked chicken and add back to veggies in the soup pot.
5. Bring to a boil.
6. Add noodles and continue to boil until noodles are tender.

Turkey Soup

*Courtesy of Eileen Wilcox
Denver Post*

1 leftover whole roasted turkey carcass, with bones and skin but most of meat removed

1 medium onion, quartered

1 medium carrot, peeled and sliced

2 medium stalks celery rinsed and chopped

2 bay leaves

1 tablespoon kosher salt

Freshly ground black pepper

Water, to cover

2 yellow onions, chopped

1 cup diced potatoes

1 large turnip (or parsnip), cubed
 2 cups sweep peas
 2 cups baby carrots
 1½ cups cut green beans (fresh or frozen)
 ½ cup green bell pepper
 ½ cup red bell pepper
 1 cup celery
 2 cloves garlic, chopped
 1 cup alphabets, acini di pepe, orzo or other small pasta
 Left over turkey meat, diced
 ¼ cup chiffonade fresh basil
 ¼ cup thyme leaves
 ¼ cup chiffonade sage leaves
 1 cup finely chopped fresh parsley leaves
 Salt and pepper to taste
 Loaf of crusty bread

1. Place turkey carcass in a large stockpot.
2. Add onion, carrot, celery, bay leaves, salt and pepper.
3. Cover the turkey with 6 quarts of water.
4. Place over medium heat and bring to a boil.
5. Reduce heat to medium low and simmer for 2 to 3 hours.
6. Remove stockpot from heat.
7. Line a large colander with cheesecloth and transfer the stock to another pot. This will guarantee removal of small bones that separate from the carcass during the simmering process. (You could also use a large slotted spoon, but that doesn't assure removal of little bone bits.)
8. Return strained broth to large stockpot, and bring contents to boiling.
9. Add the remaining vegetables and garlic.

10. Simmer low for 30 minutes.
11. Add pasta and turkey and cook over medium heat for another 10 to 15 minutes, or until pasta is done.
12. Stir in herbs and parsley.
13. Heat through.
14. Ladle soup into bowls and serve with crusty bread.

Bean Soup

*Courtesy of Eileen Wilcox
 from Lyla Thiemet*

1 pound package of beans
 6 cups water
 1 can stewed tomatoes
 Leftover turkey or chicken, optional
 1 pound browned ground hamburger, optional
 ½ large package of frozen mixed vegetables, optional

1. Place beans in large 4 quart pan, add water bring to boil.
2. Turn off heat, let stand one hour.
3. After one hour bring beans back to a boil.
4. Add stewed tomatoes and cook until beans are tender.
5. Add any optional turkey, chicken, browned hamburger frozen vegetables you desire.
6. Continue cooking until all is hot.

Baked Onion Soup

Courtesy of Eileen Wilcox
 Yields 4 servings

4 cups thinly slice onions
 4 cans Campbell's Beef Bouillon
 1 stick butter

4 slices French bread
2 cloves of garlic cut in half
2 tablespoons soft butter
2 cups grated Swiss cheese
4 soup bowls

1. In large skillet melt 1 stick of butter, sauté onions until soft.
2. Add bouillon and simmer for one hour.
3. Refrigerate for 24 hours.
4. Preheat oven to 400 °F.
5. Rub a garlic half on each piece of French bread on both sides.
6. Spread butter on each piece of French bread on both sides.
7. Toast French bread in oven until very brown.
8. Place a piece of toast in each bowl soup bowl and pour soup into bowl on top of bread.
9. Add grated Swiss cheese on top of soup and bake 15 minutes at 400 °F.

Vegetable Dishes

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Mushroom Stroganoff*Courtesy of Laura Benson*

14 ounces noodles
 2 bay leaves
 Garlic powder to taste
 Scant salt and pepper
 2 medium onions, chopped
 4 teaspoon oil
 1¹/₄ pounds fresh mushrooms, sliced
 2 cloves garlic
 Dash ground cloves
 2 veggie bouillon cubes
 1/4 cup water
 1/2 cup sherry
 1 tablespoon cornstarch
 8 ounces sour cream
 1/4 cup parsley, minced

1. Boil noodles with 2 bay leaves uncovered for 10 minutes.
2. Remove bay leaves, drain and return noodles to pot.
3. Add 1 teaspoon oil, garlic powder, salt and pepper. Toss.
4. Meanwhile, sauté the onions in 3 teaspoons oil until lightly browned.
5. Add sliced mushrooms, garlic and cloves.
6. Cover and simmer until mushrooms soften.
7. Mix bouillon cubes, water, sherry, and cornstarch.
8. Add to mushrooms and simmer until thickened.
9. Stir in sour cream and warm through. Be sure sour cream doesn't get too hot and curdle.

10. Serve stroganoff over noodles and garnish with parsley.

Note Good served with fresh salad.

Broccoli Soufflé*Courtesy of Laura Benson*

2 tablespoons butter
 3/4 cup milk
 1¹/₂ cup grated cheese
 2 heads broccoli, chopped small
 2 tablespoons flour
 1 teaspoon onion flakes
 3 eggs

1. Preheat oven to 350 °F.
2. Steam broccoli until tender.
3. Melt butter in saucepan, stir in flour.
4. Add milk slowly, and then add onion and cheese.
5. When melted, add egg yolks, and cooked broccoli.
6. Fold in stiffly beaten egg whites.
7. Pour mixture into a 1 quart baking dish.
8. Bake at 350 °F for one hour.

Corn and Broccoli Casserole*Courtesy of Sandy Beresford*

Yields 6 side-dish servings

1 whole 10 ounce package frozen cut broccoli, thawed and drained
 1 whole 10 ounce package frozen whole kernel corn; thawed and drained.
 1/2 cup coarsely crushed Ritz crackers
 1/2 cup shredded cheddar cheese (2 ounces)
 1/2 cup whipping cream or half and half
 1 large beaten egg
 2 tablespoons butter or margarine, melted

- 1/2 teaspoon onion powder
- 1/4 teaspoon salt
- 1/8 teaspoon garlic powder
- 1/8 teaspoon pepper
- 1/2 cup coarsely crushed Ritz crackers
- 2 tablespoons butter or margarine, melted

1. Preheat oven to 350 °F.
2. Place the broccoli and corn in a large bowl.
3. Add the 1/2 cup crushed crackers, the cheese, whipping cream, egg, 2 tablespoons butter, onion powder, salt, garlic powder, and pepper.
4. Stir to combine the mixture.
5. Spoon the mixture into a 1 1/2 quart round casserole or a 9 inch pie plate.
6. Sprinkle the remaining 1/2 cup crushed crackers evenly over casserole.
7. Drizzle with the remaining 2 tablespoons melted butter.
8. Bake, uncovered, in a 350 °F oven for about 25 minutes or until the edges are bubbly.

Cauliflower Curry

Courtesy of Laura Benson

- 1 head cauliflower
- 1 potato
- 4 tablespoons vegetable oil
- 1 teaspoon black mustard seeds
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon cayenne pepper
- 1 clove garlic, minced
- 1/2 onion, slivered
- 1 teaspoon salt
- 1 1/4 cup water

- 1 medium tomato, chopped
- 2 tablespoons lemon juice

1. Scrub potato and boil in salted water until nearly tender.
2. Trim cauliflower and break up.
3. Heat oil in large skillet over medium heat.
4. Add mustard seeds and cook 2 minutes.
5. Then add other spices and onion, sauté 4 minutes.
6. Add cauliflower, sauté 5 minutes.
7. Add salt and water; cover and simmer 5 minutes.
8. Cut potato into cubes, add and simmer 10 minutes.
9. Add tomato and lemon juice; stir.
10. Cook uncovered 2 minutes.
11. Serve with rice.

Tomato Pie

Courtesy of Laura Benson

- 4 tomatoes, peeled and sliced
- 10 fresh basil leaves, chopped
- 1/2 cup chopped green onion
- 1 whole 9 inch pre-baked deep dish pie shell
- 1 cup grated mozzarella cheese
- 1 cup grated cheddar cheese
- 1 cup mayonnaise
- Salt and pepper

1. Preheat oven to 350 °F.
2. Place tomatoes in a colander in the sink, sprinkle with salt and allow to drain, 10 minutes Layer tomato slices, basil and onion in pie shell.

3. Combine remaining ingredients together.
4. Spread cheese mixture on top of tomatoes and bake for 30 minutes or until lightly browned.
5. Cut into slices and serve warm.
8. Season with salt and ground black pepper to taste. Keep in warm oven while finishing the rest.
9. Coat 17 inch × 11 inch rimmed baking sheet with half tomato sauce.
10. Arrange fried eggplant slices in a single layer, slightly overlapping and top with tomato sauce and 2 teaspoons dried oregano, and 1/4 teaspoon ground black paper.

Note Great as a holiday side dish.

Eggplant Parmesan

*Courtesy of Laura Benson
Joy of Cooking*

Fresh tomato sauce
2 eggplants
1/3 cup flour
2 large eggs
1/4 cup and 1 tablespoon olive oil
1 1/4 cup bread crumbs
2 teaspoons dried oregano
Salt and ground black pepper
1 1/2 cup shredded mozzarella cheese
2/3 cup grated Parmesan cheese
2 teaspoons chopped fresh parsley

1. Preheat oven to 425 °F.
2. Cut eggplant into 1/4 inch pieces dredge in flour.
3. Shake of excess, whisk to together and dredge in eggs and 1 tablespoon olive oil.
4. Then dredge in bread crumbs.
5. Arrange eggplant slices in rack and let dry for 10 to 30 minutes.
6. Pour 1/4 cup olive oil, or more if needed, into large skillet and heat until is shimmers.
7. Add eggplant and cook in batches over medium-high heat for 4 to 5 minutes a side.

11. Combine the cheeses and sprinkle over eggplant.
12. Sprinkle the parsley over the top.
13. Bake until the cheese is melted and bubbly, about 10 minutes. Serve at once.

Eggplant Casserole

Courtesy of Laura Benson

1/4 cup olive oil
1 medium onion
3/4 pound fresh mushrooms, sliced
1/2 medium green pepper, sliced
1 medium eggplant, cut into 1 inch cubes
1 whole 15 ounce can tomato sauce
1/4 cup parsley, minced
1 cup grated Parmesan cheese
1 cup grated mozzarella cheese
2 eggs, beaten
1/3 cup sunflower seeds

1. Preheat oven to 375 °F.
2. Sauté mushrooms and onions over medium heat until tender.
3. Stir in green pepper, eggplant, tomato sauce and parsley.
4. Top with
qty[parse-numbers = false]12 cheese mixture.

5. Repeat layers ending with cheese.
6. Sprinkle sunflower seeds on top.
7. Bake at 375 °F for 25 minutes.
8. Accompany with pasta or bread.

Eggplant and Tomato Casserole

Courtesy of Holly Gates

Yields 6 servings

- 1/4 cup olive oil
- 1 medium onion, chopped
- 1/3 pound fresh mushrooms, sliced
- 1/2 medium green pepper, sliced
- 1 medium eggplant cut into 1 inch cubes
- 1 whole 16 ounce can tomato sauce
- 1/4 cup parsley
- 1 cup grated Parmesan cheese
- 1 cup grated mozzarella cheese
- 2 eggs, beaten
- 1/3 cup raw sunflower seeds

1. Preheat oven to 375 °F.
2. Sauté mushrooms and onions over medium heat until tender.
3. Stir in green pepper, eggplant, tomato sauce, and parsley.
4. Cover and simmer slowly until eggplant is tender, about 20 minutes, stirring often to prevent sticking. If you need to reduce liquid, uncover and increase heat briefly.
5. Meanwhile, combine cheeses with eggs.
6. Spoon half eggplant mixture into a 2 1/2 – quart casserole.
7. Top with half cheese mixture.
8. Repeat layers ending with cheese.
9. Sprinkle sunflower seeds on top. Bake uncovered in a 375 °F oven for 25 minutes.

10. Accompany with pasta or crusty bread and a mixed vegetable salad.

Zucchini Lasagna

Courtesy of Laura Benson

- 20 ounce package ground turkey sausage
- 2 whole 15 ounce cans tomato sauce
- 12 ounces tomato paste
- 1 large tomato diced
- 1 cup water
- 1 teaspoon diced garlic
- 1/2 teaspoon black pepper
- 2 teaspoons Italian seasoning
- 1 teaspoon basil
- 1/2 teaspoon salt
- 2 medium zucchini, sliced in 1/4 inch sections
- 15 ounces ricotta cheese
- 1 egg
- 2 teaspoons flour
- 2 cups grated mozzarella cheese
- 1 teaspoon chopped parsley
- 1/4 cup grated Parmesan cheese

1. Preheat oven to 375 °F.
2. Add olive oil to pan and cook turkey sausage; break up as you cook.
3. Add tomato sauce, paste, diced tomato, water, garlic, pepper, salt, Italian seasoning, and basil.
4. Cook sauce until heated through, about 10 minutes Slice zucchini.
5. Mix ricotta cheese, egg, flour, mozzarella cheese, and parsley together.
6. Coat bottom of 13 inch × 9 inch pan with a layer of sauce.
7. Cover the bottom of the pan with a layer of zucchini, add half ricotta mixture, continue with layers, and end with sauce.

8. Sprinkle over Parmesan cheese.
9. Bake in oven for 35 to 40 minutes.

Baked Beans

*Courtesy of Sandy Beresford
from Jodi Wilhelm*

- 1/2 pound bacon, fried and crumbled
 - 1 pound hamburger
 - 1 onion, diced
 - 1/3 cup sugar
 - 1/4 cup Catsup
 - 2 tablespoons mustard
 - 1/2 teaspoon pepper
 - 1/2 teaspoon salt
 - 1/2 cup brown sugar
 - 1/4 cup BBQ sauce
 - 2 tablespoons molasses
 - 1/2 teaspoon chili powder
 - 1 whole 16 ounce can pork and beans
 - 1 whole 16 ounce can red kidney beans
 - 1 whole 16 ounce can Bush's brown sugar beans
1. Preheat oven to 350 °F.
 2. Brown hamburger and drain.
 3. Add onion and bacon; sauté.
 4. Mix all ingredients together in casserole dish and bake covered at 350 °F for 1 hour.

Note Great additions are extra black pepper and/or green chilies.

Glazed Carrots

Courtesy of Sandy Beresford
Yields 4 servings

- 1 pound carrots, pared
- Boiling water
- 1 teaspoon salt
- 1 pound onions, small white, peeled.
- 1/4 cup brown sugar, firmly packed

- 1 teaspoon cornstarch
- 1 1/2 tablespoons water
- 2 tablespoons butter
- 1/8 teaspoon nutmeg, ground
- 1 1/2 tablespoons lemon juice

1. Slice carrots on diagonal into 1 1/2 inch thick pieces.
2. In 1 inch boiling water and the salt in 3 quart saucepan, bring carrots and onions to boiling. Reduce heat.
3. Simmer covered 20 to 25 minutes until tender.
4. Drain well.
5. Meanwhile, make glaze. In medium saucepan, combine sugar and cornstarch.
6. Gradually stir in water to make smooth mixture.
7. Add butter, nutmeg and lemon juice.
8. Bring to boil, stirring constantly until thick and translucent.
9. Add vegetables to glaze.
10. Cook uncovered for few minutes, turning so all get glazed.

Sweet Potatoes

Courtesy of Laura Benson
Joy of Cooking

- 3 pounds sweet potatoes, scrubbed
- Butter
- Salt and ground black pepper
- Brown sugar or syrup
- 1/3 cup apple cider

1. Preheat oven to 350 °F.
2. Boil sweet potatoes, until nearly tender when pierced with a knife, 20 to 25 minutes.

3. Drain potatoes and let cool.
4. Butter 13 inch × 9 inch baking dish.
5. Peel and cut potatoes into quarters.
6. Layer in dish, seasoning each layer with: salt and ground black pepper to taste, 1 teaspoon butter, cut into small pieces, and 2 to 3 teaspoons light brown sugar or syrup.
7. Dot the top with 2 tablespoons butter and pour $\frac{1}{3}$ cup apple cider over the dish.
8. Cover and bake 45 minutes.

Sweet Potato Crunch

Courtesy of Eileen Wilcox

- 3 cups mashed cooked sweet potatoes
- 1 cup sugar
- 2 eggs, beaten
- 1 cup milk
- 2 teaspoons sherry
- 1 teaspoon vanilla
- 1 cup butter
- 1 cup packed brown sugar
- $\frac{1}{3}$ cup flour
- 1 cup chopped pecans

1. Preheat oven to 325 °F.
2. Mix first 6 ingredients and $\frac{1}{2}$ cup melted butter.
3. Spoon into buttered 2 – quart casserole.
4. Mix brown sugar, $\frac{1}{2}$ melted butter, flour and nuts.
5. Spread over casserole.
6. Bake at 325 °F for 30 to 40 minutes.

Au Gratin Potatoes

Courtesy of Sandy Beresford

- $\frac{1}{4}$ cup margarine
- $\frac{1}{4}$ cup flour
- $\frac{1}{2}$ teaspoon salt
- 2 cup milk
- 1 cup (4 ounces) American or cheddar cheese (shredded)
- $\frac{1}{2}$ cup grated Parmesan cheese
- 5 cup potatoes, 5 medium, peeled, sliced
- $\frac{1}{4}$ cup dry bread crumbs
- 1 tablespoon margarine, melted

1. Preheat oven to 350 °F.
2. Melt margarine.
3. Stir in salt and flour.
4. Add milk, cook until mixture boils and thickens, stirring constantly.
5. Stir in cheeses and potatoes.
6. Pour into 2 quart casserole dish.
7. Combine breadcrumbs and melted margarine; sprinkle over potatoes.
8. Bake covered 1 $\frac{1}{2}$ hours.

Party Potatoes

Courtesy of Sandy Beresford

Yields 8 servings

- 6 large potatoes, peeled and cubed
- 1 whole 8 ounce package cream cheese, cubed
- 1 cup sour cream
- $\frac{1}{2}$ cup milk
- 1 teaspoon garlic salt
- 2 teaspoons minced chives
- 2 tablespoons butter
- $\frac{1}{2}$ teaspoon paprika

1. Preheat oven to 350 °F.

2. Place potatoes in a large saucepan and cover with water. Bring to a boil.
3. Reduce heat; cover and cook for 15 to 20 minutes or until tender.
4. Drain; mash potatoes.
5. Beat in the cream cheese, sour cream, milk, garlic salt and chives. Beat until well blended.
6. Transfer to a greased shallow 3 quart baking dish.
7. Drizzle potatoes with butter and sprinkle with paprika.
8. Bake, uncovered at 350 °F for 30 to 35 minutes or until edges are bubbly and potatoes are heated through.

Twice Baked Potatoes

Courtesy of Sandy Beresford

4 to 5 large potatoes, baked
 1 pound Velveeta cheese
 1½ ounces bacon bits
 1 cup sour cream
 1 teaspoon minced onion
 1/8 cup Parmesan cheese
 Salt and pepper to taste.

1. Preheat oven to 350 °F.
2. Cut potatoes in half and scoop out potatoes (or peel skin off) and mash with fork.
3. Melt together, cheeses, bacon bits and sour cream. Add potatoes, salt and pepper.
4. Scoop mixture back into halved potato skins, or put into casserole dish.
5. Bake covered 30 minutes at 350 °F.

Leigh's Instant Pot Refried Beans

Courtesy of Leigh Brodie

5 cups dried pinto beans
 1 to 2 whole onions, chopped
 2 tablespoons cumin
 2 tablespoons oregano
 1 teaspoon cayenne pepper
 1 to 2 tablespoons salt
 Chicken broth

1. Cover beans with water and soak overnight.
2. Drain and add to Instant Pot.
3. Add onion, cumin, oregano, cayenne pepper and mix.
4. Add chicken broth to the 2/3 line of the pot.
5. Cook on high pressure for 1 hour
6. Do a natural pressure release or wait 20 minutes and do a quick pressure release.
7. Strain beans reserving broth.
8. Mash beans adding in broth as needed to get desired consistency.

Scalloped Potatoes

Courtesy of Sandy Beresford

6 tablespoons butter
 2 tablespoons flour
 3 cups milk
 1/2 pound velveeta cheese, cubed
 6 to 8 whole potatoes

1. Preheat oven to 350 °F.
2. Scrub potatoes, boil in skins, cool and slice.
3. In saucepan, melt butter, add flour and whisk together.

4. Pour in milk, whisk quickly until thickened.
5. Add velveeta cheese, cook over medium heat stirring until melted.
6. Put layers potatoes and sauce in casserole dish.
7. Bake in 350 °F degree oven for 30 to 40 minutes.

Swiss Vegetable Medley

*Courtesy of Sandy Beresford
from Cynda Hunt*

1 bag frozen broccoli, carrots and cauliflower combination thawed and drained
1 can condensed cream of mushroom soup
1 cup shredded Swiss cheese
1/3 cup sour cream
1/4 teaspoon black pepper
1 jar chopped pimento (optional) drained
1 whole 2.8 ounce can Durkee French fried onions

1. Preheat oven to 350 °F.
2. Combine vegetables, soup, 1/2 cup cheese, sour cream, pepper, pimento and 1/2 can French fried onions.
3. Pour into 1 quart casserole pan.
4. Bake covered at 350 °F for 30 minutes.
5. Top with remaining cheese and onions.
6. Bake uncovered for 5 minutes.

Lentils in Instant Pot

Courtesy of Lucas Wilcox

3 cups lentils
2 whole 24 ounce packages of frozen hot green chillies
1 onion, chopped

2 tablespoons minced garlic
2 tablespoons cumin
2 tablespoons oregano
1 teaspoon salt
Chicken broth or water

1. Combine all ingredients except broth/water in the Instant Pot.
2. Fill the pot with chicken broth/water to the max level.
3. Cook on high pressure for 21 minutes.

Zucchini Cheese Casserole

Courtesy of Bonnie Gates

3 medium zucchini, sliced
1/4 cup onion, chopped
2 tablespoons oil
1 pound low fat cottage cheese
1 teaspoon basil
1/3 cup parmesan cheese
Salt
Pepper

1. Sauté zucchini and onion in oil.
2. Whip cottage cheese with basil in blender.
3. Place alternating layers of zucchini and cottage cheese in buttered 1 1/2 quart casserole dish.
4. Salt and pepper to taste.
5. Top with parmesan cheese.
6. Bake at 350 °F uncovered for 30 minutes.

Candied Sweet Potatoes

Courtesy of Leigh Brodie

3/4 cup firmly packed light brown sugar
1/2 cup light corn syrup
1/4 cup butter

- 1/4 teaspoon salt
1/4 cup coarsely chopped pecans
6 large sweet potatoes, peeled, cut into 1 1/2 inch slices and cooked
1. In large, heavy saucepan or Dutch oven, combine sugar, corn syrup, butter, and salt.
 2. Bring to a boil over low heat, stirring until butter melts and sugar is dissolved.
 3. Add pecans and stir.
 4. Reduce heat.
 5. Add sweet potatoes, arranging in single layer.
 6. Baste well with syrup.
 7. Cook, covered over low heat turning once, for 15 minutes.
 8. Remove cover, cook, basting occasionally for additional 15 minutes or until potatoes are well glazed.
2. Add onions, salt, pepper and red pepper flakes.
 3. Stir-fry for 2 minutes.
 4. Add garlic, kale and stock.
 5. Cook stirring occasionally for 8 to 10 minutes.
 6. Add a splash of cider vinegar in the last minute of cooking.
 7. Remove from heat.
 8. Serve immediately.

Note Great when cooked in electric frying pan.

Braised Kale

Courtesy of Leigh Brodie

- 1 tablespoon olive oil
2 cups thinly sliced onions
1 teaspoon salt
12 turns freshly ground pepper
1/2 teaspoon red pepper flakes
2 tablespoons minced garlic
6 cups, firmly packed, torn and stemmed kale pieces
2 cups chicken stock
Splash cider vinegar
1. Heat the oil in a large skillet over high heat.

Main Dishes

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Turkey Wraps*Courtesy of Laura Benson*

- 1 pound package sliced turkey
- 1 sliced avocado
- 8 slices cheddar cheese
- Ranch dressing
- 4 tortillas

1. Layer $\frac{1}{4}$ of each of the first 3 ingredients on a tortilla and spread on ranch dressing.
2. Roll up and enjoy.

Turkey Casserole*Courtesy of Holly Gates*

Yields 8 servings

- 8 ounces fresh mushrooms, sliced
- 1 small onion, sliced
- $\frac{1}{4}$ cup butter
- $\frac{1}{4}$ cup flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{2}$ teaspoon poultry season
- $\frac{1}{4}$ teaspoon rubbed sage
- $\frac{1}{2}$ teaspoon thyme
- $2\frac{1}{2}$ cups milk
- $1\frac{1}{3}$ cup sharp cheddar cheese, shredded
- 1 whole 12 ounce package tri-color rotini pasta, cooked
- 1 pound cooked turkey, diced

1. Preheat oven to 400 °F.
2. Sauté mushrooms, onions and butter in a large saucepan over medium heat until tender.
3. Blend in flour and seasons.
4. Gradually stir in milk until mixture thickens.
5. Add $\frac{2}{3}$ cup cheese and stir until melted.

6. Add pasta and turkey and combine to coat.
7. Spread into a 9 inch \times 13 inch baking dish and top with remaining cheese.
8. Bake at 400 °F for about 25 minutes.

Turkey Tetrazzini*Courtesy of Eileen Wilcox*

- $\frac{1}{4}$ stick butter
- 3 stalks celery, diced
- $\frac{1}{2}$ medium onion, diced
- 2 cups cooked turkey
- $\frac{1}{2}$ pound spaghetti
- 1 can cream of chicken soup
- 2 cans broth
- 1 teaspoon chicken bouillon
- 1 can mushrooms
- $\frac{1}{4}$ cup Parmesan cheese

1. Sauté butter, celery stalks, and onion together in large pot.
2. Layer cooked turkey and spaghetti on top of onion mixture.
3. Mix together and pour over spaghetti 1 can cream of chicken soup, 2 cans broth, and 1 teaspoon chicken bouillon.
4. Layer mushrooms and Parmesan cheese on top.
5. Bring to a boil. Cover and simmer for 30 minutes.

Bret's Turkey Tetrazzini*Courtesy of Eileen Wilcox
for Bret Wilcox**Look Bret, no celery in this one :o)*

- 6 tablespoons unsalted butter, divided use
- 1 cup chopped onion
- 1 tablespoon minced garlic
- $\frac{1}{2}$ cup chopped red bell pepper

10 ounces mushrooms, sliced
1/4 cup all-purpose flour
1 3/4 cups milk
2 cups chicken broth
1/4 cup dry white wine
12 ounces spaghetti, cooked al dente,
rinsed and drained
3 cups coarsely chopped cooked turkey,
including cooked giblets if desired
1/2 cup frozen baby peas, thawed
1 teaspoon dried thyme
1 tablespoon chopped parsley
2/3 cup freshly grated Parmesan, divided
use
1/3 cup fine fresh bread crumbs

1. Preheat oven to 375 °F.
2. In large heavy saucepan sauté onion in 3 tablespoons of butter until onion is translucent.
3. Add garlic and bell pepper and sauté until pepper softens.
4. Cook mushrooms in remaining butter over medium heat, stirring, until most of the liquid evaporates.
5. Stir in flour and cook over low heat for 2 to 3 minutes.
6. Slowly stir in milk, broth and wine. Bring to a boil and simmer until sauce thickens slightly.
7. In a large bowl combine spaghetti, mushroom sauce, turkey, peas, thyme and parsley.
8. Stir in 1/3 cup of the Parmesan, and transfer the mixture to a buttered shallow 4 quart casserole dish.
9. In a small bowl combine remaining Parmesan and breadcrumbs.

10. Salt and pepper to taste; then sprinkle evenly over the casserole.
11. Dot the top with bits of the remaining butter.
12. Bake the casserole for 30 to 40 minutes, or until it bubbles and the top browns.

Tuna Noodle Casserole

Courtesy of Sandy Beresford

Yields 6 servings

6 ounces noodles
1 whole 6 1/2 ounce can tuna
1/2 cup mayonnaise
1 cup sliced celery
1/3 cup chopped onion
1/4 cup chopped green pepper
1/4 cup can chopped pimiento
1/2 teaspoon salt
1 whole 10 ounce can cream celery soup
1/2 cup milk
4 ounces sharp cheese
1/2 cup toasted slivered almonds

1. Preheat oven to 425 °F.
2. Cook noodles, rinse and drain. Set aside.
3. Place all remaining ingredients, except almonds, into saucepan and melt together.
4. Stir noodles into melted mixture. Place in 2-quart casserole dish. Sprinkle almonds on top. Bake uncovered at 425 °F for 20 minutes.

Bean Enchiladas

Courtesy of Lil McBrien

Yields 4 to 6 servings

1 whole 15 ounce can salt free pinto
beans, drained and mashed
1/2 cup 1% cottage cheese
1 cup low-fat cheddar cheese (divided)

1/2 cup chopped onion
 1/4 cup sliced black olives, rinsed and drained before slicing
 1 whole 15 ounce can salt free tomato sauce
 1 whole 4 ounce can diced green chilies
 1 jalapeño chili, seeded and diced
 1 teaspoon garlic powder
 1/2 teaspoon lite salt
 12 corn tortillas 1 teaspoon chili powder
 1/2 teaspoon oregano
 Dash hot pepper sauce (to taste)
 Chopped fresh cilantro
 Sliced green onion

1. Preheat oven to 350 °F.
2. Combine mashed beans, cottage cheese, 1/2 cup cheddar cheese, onion, olives, 3/4 cup tomato sauce, green chilies, garlic powder and lite salt.
3. Spoon 1/3 cup bean mixture along center of each tortilla.
4. Roll up and place seam side down into a 9 inch × 13 inch baking dish coated with cooking spray.
5. Combine remaining tomato sauce, chili powder, oregano and hot pepper sauce.
6. Pour sauce over enchiladas and sprinkle with remaining cheese.
7. Bake at 350 °F for 15 to 20 minutes or until heated through and cheese is melted.
8. Serve garnished with cilantro, green onion and more black olive slices, if desired.

Chicken Oregano with Sweet Peppers

Courtesy of Laura Benson

Yields 4 servings

1 1/2 pounds chicken pieces, skin removed

1/4 teaspoon salt
 1/4 teaspoon pepper
 Cooking spray
 1 clove garlic
 1 lemon, sliced
 1 tomato, chopped
 1/4 onion, chopped
 1/4 cup fresh parsley, chopped
 1 tablespoon fresh oregano
 1/4 cup dry white wine
 3/4 cup low sodium chicken broth
 1 medium, sweet green pepper, cut into strips
 1 medium, sweet red pepper, cut into strips

1. Sprinkle chicken with salt and pepper.
2. Lightly coat a nonstick skillet with cooking spray.
3. Cook chicken over medium heat until light brown, reduce heat.
4. Sprinkle garlic, lemon, half of tomato, onion, parsley and oregano over chicken pieces in skillet.
5. Add wine and broth.
6. Cover and simmer 15 minutes.
7. Add remaining tomato and sweet peppers. Cover and simmer 10 minutes.

Chicken with Wild Rice

Courtesy of Eileen Wilcox

Yields 4 servings

2/3 cup wild rice
 1 large green pepper, coarsely chopped
 4 stalks celery, coarsely chopped
 1 1/2 cups chicken broth
 4 chicken breasts
 Soy sauce
 2 green onions with tops, thinly sliced

1. Mix rice with pepper, celery and broth in buttered 2 $\frac{1}{2}$ quart casserole.
2. Arrange chicken breasts brushed with soy sauce on top.
3. Bake, covered, at 350 °F for 1 $\frac{1}{2}$ hours.
4. Sprinkle with green onions.

Lemon Garlic Chicken Thighs

Courtesy of Laura Benson

Yields 4 servings

$\frac{1}{4}$ cup fresh lemon juice
2 tablespoons molasses
2 tablespoons Worcestershire sauce
4 garlic cloves
8 chicken thighs, skinned
Cooking spray
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon black pepper
Lemon wedges
Parsley sprigs

1. Preheat oven to 425 °F.
2. Combine first 4 ingredients in a dish, add chicken.
3. Cover and marinate in refrigerator 1 hour, turning occasionally.
4. Remove chicken from dish, reserve marinade. Arrange chicken in a shallow roasting pan coated with cooking spray. Pour reserved marinade over chicken, sprinkle with salt and pepper.
5. Bake at 425 °F for 20 minutes, baste chicken with marinade. Bake an additional 20 minutes or until chicken is done.
6. Serve with lemon wedges and garnish with parsley.

Chicken Alfredo

*Courtesy of Eileen Wilcox
Colorado Cache*

Yields 4 servings

$\frac{1}{4}$ cup vegetable oil
 $\frac{1}{4}$ cup lemon juice
 $\frac{1}{4}$ cup freshly grated Parmesan cheese
1 teaspoon oregano
4 teaspoons salt
1 teaspoon pepper
2 chicken broiler-fryers, halved. Note: I am now using approximately 2 pounds of chicken tenders.
1 cup flour
4 teaspoons paprika
2 teaspoons salt
 $\frac{1}{2}$ teaspoon pepper
2 teaspoons freshly grated Parmesan cheese
 $\frac{1}{2}$ cup butter

1. Preheat oven to 425 °F.
2. Combine oil, lemon juice, Parmesan cheese, oregano, 2 teaspoons salt and 1 teaspoon pepper. Beat well.
3. Pour over chicken halves, cover and refrigerate for 2 hours or longer.
4. Combine remaining ingredients except butter.
5. Remove chicken from marinade and roll in the flour mixture.
6. Sauté chicken in butter until browned on both sides.
7. Place each chicken half, skin side up, in center of a double thick square of heavy-duty aluminum foil. Bring up sides and ends and seal with tight double folds. Place packets on a baking sheet. If using chicken tenders I put them directly in a 9 inch \times 13 inch pan and cover with foil.

8. Bake at 425 °F for 1 hour.

Chicken Enchiladas

Courtesy of Laura Benson

1 pound cooked chicken, shredded
2 whole 10 ounce cans enchilada sauce
1 1/2 cups shredded cheddar cheese
1 whole 12 count package small flour tortillas

1. Preheat oven to 375 °F.
2. Lightly grease a 13 inch × 9 inch baking dish and coat with a layer of enchilada sauce.
3. Stir 3/4 cup of enchilada sauce and 1 cup cheese into chicken.
4. Spoon enchilada filling into tortillas. Roll up and place seam down in dish.
5. Pour remaining enchilada sauce over top. Sprinkle with remaining 1/2 cup cheese.
6. Bake for 15 to 20 minutes.

Baked Chicken

Courtesy of Eileen Wilcox

Chicken

1 whole baking chicken
1 large oven bag
1 tablespoon whole basil
1 tablespoon salt
2 teaspoons sugar
1/4 teaspoon granulated garlic
1/2 teaspoon granulated onion
1/4 teaspoon paprika
1/2 teaspoon black pepper
1/2 teaspoon lemon juice
2 tablespoons extra virgin olive oil

1. Preheat oven to 350 °F.
2. Mix all rub ingredients in small bowl.

3. Rub over clean baking chicken.

4. Prepare bag as directed on box. Add chicken and bake according to bag directions.

Note Drippings make great gravy.

Chicken Enchilada Casserole

*Courtesy of Eileen Wilcox
from Suzi Parker*

2 pounds chicken tenders or 2 to 4 chicken breasts
1 onion, diced
1 can cream of mushroom soup
1 can cream of chicken soup
1 can Ro-Tel tomatoes
1/2 teaspoon garlic powder
1 teaspoon chili powder
1 teaspoon cumin
2 cups grated cheddar cheese
12 corn tortillas, torn in 2 inch chunks

1. Preheat oven to 350 °F.
2. Fill 4 quart pot 2/3 full of water and add chicken. Bring to a boil and turn heat down. Simmer chicken for 20 minutes.
3. Cut chicken into cubes and set aside.
4. Combine soups, tomatoes, spices and cubed chicken.
5. Spray Pam on 9 inch × 13 inch pan. Cover bottom of prepared pan with corn tortillas.
6. Layer 1/2 soup and chicken mixture over tortillas. Sprinkle with 1 cup grated cheese. Repeat layers with remaining tortillas, soup mixture and cheese.
7. Bake at 350 °F for 45 minutes until hot and bubbly.

Southwestern Chicken Stir-fry*Courtesy of Laura Benson*

2 tablespoons lime juice
2 teaspoons chili powder
1 pound skinless, boneless chicken breast, cut into 1/2 inch strips.
2 tablespoons vegetable oil
1 small zucchini, thinly sliced
1 small yellow squash, thinly sliced
1/3 cup salsa
2 tablespoons fresh chopped cilantro

1. Mix lime juice and chili powder in medium glass or plastic bowl. Stir in chicken until well coated. Cover and chill 1 hour.
2. Heat wok or skillet over high heat. Add 1 tablespoon oil and coat.
3. Add chicken and marinade. Stir-fry for 5 to 6 minutes or until chicken is cooked through.
4. Add remaining 1 tablespoon oil to wok and coat. Add zucchini and squash and stir-fry 4 minutes. Stir in remaining ingredients. Serve.

Great Chicken Casserole*Courtesy of Sandy Beresford*

2 cans cream of chicken soup, undiluted
1 can chicken broth (undiluted)
1 cup sour cream
1 package cooked and chunked chicken tenderloins (8 cups)
25 Ritz crackers, smashed

1. Preheat oven to 350 °F.
2. Mix all together and place in 9 inch × 12 inch cake pan.
3. Crumble 25 Ritz crackers and sprinkle on top.

4. Bake at 350 °F for 35 minutes. Serve with rice or noodles.

5. Garnish with red pepper rings or parsley.

Mexican Chicken and Rice*Courtesy of Sandy Beresford from Jean Pohl*

1/2 bag chicken tenderloins (about 2 pounds chicken)
2 tablespoons olive oil
2 cup chopped onion
1/4 teaspoon garlic powder
1/2 teaspoon crushed red pepper
2 1/2 teaspoons salt
1/2 teaspoon pepper
2 cup converted white rice, uncooked
2 whole 10 ounce cans Ro-Tel
1 whole 14 ounce can tomatoes
1 whole 10 3/4 ounce can undiluted chicken broth
1 sprinkle saffron (optional)
1/2 cup water
1/2 of a 10 ounce package frozen peas
1 whole 4 ounce can pimientos
1/2 cup sliced pimento stuffed green olives

1. Preheat oven to 325 °F.
2. Boil chicken while prepare the rest.
3. Add to skillet, oil, onions, garlic and red pepper. Sauté and stir over med. Heat until golden brown — about 3 minutes
4. Add salt, pepper and rice to onion mixture. Cook and stir until rice is lightly browned (10 minutes) Add Ro-Tel, tomatoes, saffron and chicken broth to rice mixture. Add chicken pieces. Bring just to boil.
5. Put in baking dish (6 quart) and tightly cover with foil. Bake covered 1 hour. Add water, sprinkle with peas, olives

and pimento. Bake covered 20 minutes longer.

Cream of Mushroom Chicken

Courtesy of Holly Gates

4 boneless chicken breasts
Black pepper
Seasoning salt
Garlic powder
1½ tablespoons oil
3 large Portobello mushrooms
2 tablespoons unsalted butter
12 ounces crème fraîche, or whipping cream

1. Preheat oven to 350 °F.
2. Lightly season chicken on both sides with pepper, seasoning salt and garlic powder
3. In a skillet, brown chicken on both sides in oil over medium heat until golden, about 3 to 4 minutes.
4. Place chicken in a baking pan; bake at 350 °F for 25 to 30 minutes.
5. Meanwhile, slice mushrooms lengthwise; place in a buttered pan and sauté over medium heat. Once mushrooms begin to shrivel, pour in crème fraîche and then season with pepper, seasoning salt and garlic powder. Lower heat and let cook until sauce thickens, stirring occasionally
6. When chicken is almost done, pour mushrooms and sauce over breasts and place back in the oven for 10 to 15 minutes. Serve with roasted potatoes.

Meatballs

Courtesy of Eileen Wilcox

1 pound ground beef

1 cup bread crumbs
1 cup Parmesan cheese
1 teaspoon black pepper
2 eggs
1 teaspoon parsley
1 teaspoon sweet basil
¼ teaspoon garlic powder
1 teaspoon salt
½ cup water

1. Preheat oven to 400 °F.
2. Mix all ingredients together and form into golf ball size meatballs. Place meatballs in 9 inch × 13 inch baking pan.
3. Bake uncovered in 400 °F oven for 20 minutes. Place in spaghetti sauce and simmer for at least 1 hour.
4. Bake outside of sauce: Put ¼ inch to ½ inch water in bottom of baking dish. Cover pan with foil and bake for 30 minutes. Uncover and bake for 15 minutes.

Spaghetti Sauce

Courtesy of Eileen Wilcox

1 pound Italian sausage, cut in 4 inch links
1 large onion, diced
1 tablespoon sweet basil
1 tablespoon black pepper
1 tablespoon parsley
1 tablespoon olive oil
2 tablespoons salt
2 cloves garlic, minced
4 whole 28 ounce cans tomato puree
2 whole 28 ounce cans crushed tomatoes

1. Brown sausage, remove from pan.
2. Add oil, onions and garlic. Brown until onions are clear.
3. Add all seasons and tomatoes and ½ can water. Add ¼ teaspoon baking soda.

4. Bring to a boil, turn down heat and simmer for 2 to 4 hours. Stir frequently. (Add meatballs during simmer time)

Meatloaf

Courtesy of Eileen Wilcox

2 teaspoons vegetable oil
1 green onion, minced
2 cloves garlic, minced
2 tablespoons minced green bell pepper
2 tablespoons grated carrot
2 eggs, beaten
1 cup milk
2 teaspoons salt
1/2 teaspoon ground black pepper
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1 1/2 pounds ground chuck
3/4 pound ground pork
1 cup bread crumbs (such as Progresso)
1/2 cup flour
1/4 cup ketchup + 1/4 cup ketchup for top

1. Preheat oven to 350 °F.
2. Sauté green onion, garlic, green pepper and carrot in vegetable oil over medium heat for a couple minutes.
3. Combine beaten eggs with milk, salt, black pepper, garlic powder and onion powder in a medium bowl.
4. Mix breadcrumbs and flour into ground chuck and ground pork with your hands. Add egg and milk mixture, sautéed veggies, 1/4 cup ketchup and mix it up using your hands. Get in there and squish it all around for a while.
5. Press the mixture into a meatloaf pan (the kind of pan with drainage holes in the bottom) or a large loaf pan. Bake for 30 minutes, then spread 1/4 cup of

ketchup over the top of the meatloaf and bake it for another hour. Let it sit for a bit after you remove it from the oven before you slice it to serve.

Beef and Rice

*Courtesy of Eileen Wilcox
from Kristi Hershenow*

1 cup rice
2 beef bouillon cubes
1/4 cup soy sauce
1/4 cup oyster sauce (may omit)
Round steak thinly sliced
1 cup bell pepper
1 cup quartered onion
5 to 6 green onions, cut in 1 inch links
1/2 pound mushrooms, sliced
1/2 teaspoon ginger
1/4 teaspoon garlic powder

1. Brown round steak in large frying pan with butter. Add bell pepper, regular and green onion, mushrooms. Stir in ginger and garlic powder. Stir-fry briefly vegetables should be crisp.
2. Meanwhile add beef bouillon, soy sauce and oyster sauce and water to make 2 cups. Bring to a boil. Add rice and simmer for 20 to 25 minutes or as directed. When rice is cooked add to beef and vegetable mixture. Mix well, cover and simmer until all juices are absorbed. Shouldn't take too long. Server surrounded by fresh tomatoes topped with 1 fried egg per person.
3. I also server a vinegar-pepper sauce with this, but the sauce is hot and many people don't like it.

Barbeque Beef Brisket

Courtesy of Sandy Beresford

3 pounds Beef brisket

1 cup ketchup (GF: Heinz brand)
 1 teaspoon salt
 2 cups water
 1/3 cup Worcestershire (GF: Lea and Perrins brand)
 2 dashes Tabasco (GF: replace with crushed red peppers)
 1 teaspoon chili powder
 1 teaspoon liquid smoke (GF: Colgin brand)
 1 small onion

1. Preheat oven to 375 °F.
2. Place brisket in roaster flat with fat side up.
3. Bake at 375 °F uncovered for 1 hour.
4. Pour sauce over brisket cover tightly and bake at 325 °F for at least 3 hours.

Marinated Flank Steak

Courtesy of Eileen Wilcox

1 1/2 pounds flank steak, trimmed
 1/2 cup soy sauce (GF: LA Choy brand)
 1/4 cup or more dry red wine
 3 tablespoons Worcestershire sauce (GF: Lea and Perrins brand)
 1 large clove garlic, sliced
 pepper to taste
 3 chopped green onions
 1 teaspoon dill weed

1. Mix all ingredients in bowl except flank steak.
2. Place flank steak in Ziploc gallon bag. Pour marinate over steak in bag and refrigerate for 2 to 12 hours.
3. Broil meat over hot coals for 5 minutes per side for rare meat.
4. Slice meat on diagonal across the grain and serve.

Perfect Pot Roast

Courtesy of Eileen Wilcox

Yields 8 servings

4 pounds boneless chuck roast
 2 tablespoons vegetable oil
 2 tablespoons butter, melted
 1 small onion, sliced
 1 teaspoon ground thyme
 1 teaspoon ground marjoram
 1 bay leaf, crushed
 8 whole peppercorns
 1 teaspoon salt
 1 whole 10 1/2 ounce can consommé, undiluted
 1 pound carrots, scraped and cut into 2 inch pieces
 3 medium onions, quartered
 3 tablespoons flour
 1/4 cup water

1. Brown roast on all sides in hot oil and butter in a large Dutch oven over medium heat for 30 minutes. Add next 7 ingredients. Cover, reduce heat and simmer 2 hours. Add carrots and onion; cover and simmer for 1 hour.
2. Remove roast and vegetables to serving platter; strain pan drippings. Pour 2 cups strained drippings back into Dutch oven. Combine flour and water; stir until smooth. Pour flour mixture into drippings; cook stirring constantly, until thickened. Serve gravy with roast.

Teriyaki Jerky

Courtesy of Holly Gates

3 pounds round roast, frozen
 Kikkoman Teriyaki Glaze, small bottle
 Soy sauce, small bottle
 1/4 cup honey
 1 pound fresh ground garlic
 2 teaspoons pepper

Cooking oil

1. Thaw round roast halfway and cut into thin strips.
2. Marinate overnight with the rest of the ingredients, stirring every
3. 6 to 8 hours.
4. Dehydrate 6 to 8 hours, spray racks with cooking oil.
8. Sprinkle with potato chips.
9. Bake in 325 °F oven for 25 to 30 minutes or until hot.

Baked Chicken Salad

Courtesy of Sandy Beresford

Yields 4 to 6 servings

2 tablespoons butter
 1 cup celery, thinly sliced
 1/2 cup onion, chopped
 1/2 cup mayonnaise
 1/2 cup sour cream
 1 tablespoon lemon juice
 1/2 teaspoon salt
 1/8 teaspoon pepper
 2 cups cooked chicken, cubed
 1/2 cup slivered almonds, toasted
 1 whole 6 ounce can sliced mushrooms, drained
 1/4 cup potato chips, crushed

1. Preheat oven to 325 °F.
2. In large skillet, melt butter over medium heat.
3. Add celery and onion; cook until tender, about 4 minutes.
4. Remove from heat.
5. Stir in mayonnaise, sour cream, lemon juice, salt and pepper until well mixed.
6. Add chicken, almonds and mushrooms, toss to coat well.
7. Spoon into a 1 1/2 quart casserole.

Chicken Salad

Courtesy of Sandy Beresford

Use desired quantities of ingredients below.

Chicken breasts, with skins on
 Italian dressing
 Mandarin oranges
 Pecan halves
 Onions, diced
 Grapes
 Celery, sliced
 Mayonnaise
 Coarse ground pepper

1. Bake chicken breasts with skin on until done.
2. Immediately remove skin and cube.
3. While still warm, drench cubed chicken with Italian dressing.
4. Add all other ingredients and mix together.

Chicken Enchiladas

*Courtesy of Sandy Beresford
 from mother-in-law Jean Beresford*

Use desired quantities of ingredients below.

Flour tortillas, torn into pieces
 Chicken, cubed
 Monterey Jack cheese, shredded
 Longhorn cheese, shredded
 Cream cheese, cubed
 Sour cream
 Salt
 Pepper
 Onion salt

1 cup milk

1. Preheat oven to 350 °F.
2. Butter large casserole dish and layer all ingredients except milk and onion salt, making as many layers as you like and ending with flour tortillas on top.
3. Sprinkle the top with a little shredded cheese and onion salt.
4. Pour milk over top.
5. Cover and bake at 350 °F 45 to 55 minutes until hot and bubbly.
6. Uncover last 10 minutes to get top crispy.

Leigh's Meat Sauce

Courtesy of Leigh Brodie

1.7 pounds turkey
 1 teaspoon salt
 1/2 teaspoon granulate garlic
 2 tablespoons McCormick Perfect Pinch Italian Seasoning
 2 tablespoons avocado oil
 2 whole 6 ounce cans of tomato paste
 1 to 2 cans water

1. Add oil to pan.
2. Add turkey and brown on medium heat for 2 minutes.
3. Add salt, garlic and seasoning, mix.
4. Continue browning until done.
5. Add tomato paste and water; stir.
6. Simmer and stir 10 to 20 minutes until desired consistency.

Cynda's Baked Spaghetti

*Courtesy of Sandy Beresford
 from Cynda Hunt*

1 cup onion, minced
 1 cup mushrooms, sliced
 1 pound ground beef
 2 teaspoons sugar
 3/4 cup green peppers, chopped
 1 clove garlic, minced
 2 teaspoons salt
 3 1/2 cups tomatoes
 8 ounces spaghetti, cooked and drained
 1/4 pound bacon, cooked and crumbled, reserving grease
 Sharp cheddar cheese, grated

1. Preheat oven to 350 °F.
2. Cook onions in the bacon grease until clear.
3. Add and cook green peppers, mushrooms and garlic.
4. Add ground beef, cook until browned.
5. Add and heat salt, sugar and tomatoes.
6. Oil 2 quart casserole dish.
7. Starting with meat sauce, layer it with spaghetti in casserole dish.
8. Top with crumbled bacon and cheese.
9. Bake at 350 °F for about 30 minutes, until hot.

Marinated Fajitas

*Courtesy of Sandy Beresford
 from Bonnie A*

5 tablespoons vinegar
 5 tablespoons lime juice, 1 lime
 5 teaspoons ground oregano
 1 to 4 teaspoons season salt
 5 tablespoons orange juice

2½ teaspoons cumin
 2 teaspoons garlic, crushed
 Dash hot sauce
 Boneless strips of beef and/or chicken
 Onion, sliced
 1 tablespoon oil
 Flour tortillas
 Guacamole
 Sour Cream
 Salsa

1. Mix vinegar, lime juice, oregano, season salt, orange juice, cumin, garlic and hot sauce together.
2. Add boneless strips of beef and/or chicken to marinate.
3. Cover and put in refrigerator for at least 3 hours.
4. Once meat strips have been marinated, put oil in cast iron skillet on medium heat.
5. Add onions and brown.
6. Add meat and brown on fairly high heat.
7. Warm tortillas.
8. Serve with salsa, guacamole and sour cream.

Hamburger Chow Mien

Courtesy of Bonnie Gates

1 pound ground beef, browned
 ½ cup onion, chopped
 2 cups celery, chopped
 1 can cream of mushroom soup
 2 cups water
 3 tablespoons soy sauce
 1½ cups raw rice
 1 package chow mien noodles

1. Preheat oven to 375 °F.

2. Grease 9 inch × 13 inch baking pan.
3. Brown beef alone. Do not brown onion or celery.
4. Mix all ingredients except chow mien noodles together and put in greased baking pan.
5. Bake at 375 °F for 1 hour.
6. Warm chow mien noodles.
7. Serve hamburger and rice mixture over noodles.

Porcupine Meat Balls

Courtesy of Sandy Beresford

1½ pounds ground beef
 ½ cup raw rice
 1 tablespoon onion, minced
 1 teaspoon salt
 ½ teaspoon pepper
 1 can condensed tomato soup
 ½ cup water
 1 teaspoon BBQ sauce

1. Preheat oven to 350 °F degrees.
2. Grease casserole dish.
3. Combine beef, rice, onion, salt, and pepper.
4. Form into balls and place in casserole dish.
5. Mix soup, water and BBQ sauce and pour over meatballs.
6. Cover dish and bake 75 minutes at 350 °F.

Chicken in Green Curry

Courtesy of Leigh Brodie

1½ cup unsweetened coconut milk
 1½ tablespoon green curry paste

2¹/₂ pound boneless chicken, slice into
1 inch strips
1 cup bamboo shoots, sliced
1/4 cup fish sauce
1 tablespoon sugar
1/4 cup mint or oriental basil leaves,
chopped
2 fresh green chili peppers, seeded and
thinly sliced on the diagonal

1. In a large source pan, heat 1/4 cup of coconut milk with green curry paste.
2. Stir until it is well blended and a thin coat of oil appears on the surface.
3. Add chicken and continue cooking over medium heat 10 minutes, stirring constantly until browned on all sides.
4. Stir in the remaining coconut milk, bamboo shoots, fish sauce and sugar.
5. Cover and simmer for 8 to 10 minutes, until chicken is cooked.
6. Remove cover and stir in mint leaves and peppers.
7. Cook stirring for 3 to 5 minutes.
8. Serve with rice.

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Tiramisu

*Courtesy of Laura Benson
Betty Crocker*

1 package pound cake thawed and cut into slices
3/4 cup strong coffee
1 cup sugar
1/2 cup chocolate flavored syrup
1 whole 8 ounce package cream cheese, softened
2 cups heavy whipping cream
2 bars chocolate covered toffee candy, chopped

1. Arrange cake slices on the bottom of a rectangular pan and drizzle coffee over top.
2. Beat sugar, chocolate syrup and cream cheese in large bowl until smooth. Add whipping cream. Beat on medium heat until light and fluffy. Spread over cake and sprinkle with toffee.
3. Refrigerate for at least 1 hour, but no longer than 24 hours.

Peach Raspberry Cobbler

*Courtesy of Laura Benson
Sean's Favorite*

10 inch greased glass pie pan
6 medium ripe peaches
2 cups fresh or frozen raspberries
7/12 cup sugar
1 cup flour
1 teaspoon baking soda
1/4 teaspoon salt
4 tablespoons unsalted butter
1 large egg
1/4 cup butter milk
Whipped cream

1. Position oven rack on lower third of oven and preheat to 350 °F. Have ready a 10 inch greased glass pie pan.

2. Wash and wipe dry 6 medium ripe peaches. Cut in half and remove pits. Cut each half into 5 wedges and spread evenly on baking dish.
3. Cover with 2 cups fresh or frozen raspberries.
4. Sprinkle evenly over the top 1/4 cup sugar.
5. Whisk together thoroughly 1 cup flour, 1 teaspoon baking soda, and 1/4 teaspoon salt.
6. In separate bowl, beat until fluffy 4 tablespoons unsalted butter and 1/3 cup sugar.
7. Add and beat 1 large egg. Add half the dry ingredients and beat on low speed until incorporated. Beat in 1/4 cup butter milk.
8. Add remaining dry ingredients and beat just until batter is smooth. Drop spoonfuls of batter on top of fruit to cover it, leaving 1/2 inch all around. Bake until top is golden brown and fruit is tender, 40 to 45 minutes. Serve with whipped cream.

Easy Peach Crisp

Courtesy of Sandy Beresford

2 whole 15 1/4 ounce cans sliced peaches or other fruit
2 packages cinnamon and spice instant oatmeal, uncooked
1/3 cup flour
1/2 cup chopped walnuts
1/3 cup butter, melted

1. Preheat oven to 425 °F
2. Pour fruit into lightly buttered 2 quart baking dish.

3. Combine instant oatmeal, flour and nuts in bowl.
4. Stir in butter.
5. Sprinkle over fruit.
6. Bake 15 minutes until golden brown.

Apple Crisp

Courtesy of Eileen Wilcox

Yields 6 to 8 servings

1 quart apples, peeled and cubed
 1¹/₄ cups brown sugar, packed and divided
 1/4 cup water
 2 teaspoons cinnamon
 1 cup flour
 1 teaspoon salt
 1/3 cup butter, melted

1. Preheat oven to 350 °F.
2. Place apples in buttered 9 inch × 9 inch baking dish.
3. Add 3/4 cup brown sugar, water and cinnamon.
4. In a mixing bowl, blend together flour, remaining brown sugar, salt and butter to make crumbs.
5. Spread crumbs evenly over apples.
6. Bake at 350 °F for 50 minutes.

Blueberry Crisp

Courtesy of Lil McBrien

Yields 12 servings

1 whole 12 ounce can frozen, thawed apple juice concentrate
 2 tablespoons cornstarch
 1 tablespoon butter or trans-fat free margarine
 1 teaspoon lemon juice
 1 teaspoon ground cinnamon

6 cups fresh or frozen blueberries
 1/4 cup butter or trans-fat free margarine
 1/3 cup honey
 1/3 cup chopped pecans
 1/2 cup all-purpose flour
 2 cups regular oats

1. Preheat oven 350 °F
2. Combine apple juice concentrate and cornstarch. Whisk together in a small saucepan and cook over medium heat until thick. Add margarine, lemon juice and cinnamon.
3. Oil 9 inch × 13 inch baking dish and place blueberries in baking dish. Pour apple juice mixture over blueberries and set aside.
4. For crumb topping, mix margarine with honey. Add nuts flour and oats. Mix well, coating all dry ingredients with honey mixture. Sprinkle crumb topping evenly over blueberry mixture.
5. Bake for 30 to 40 minutes or until crumb topping is golden brown.

Cherry Crisp

Courtesy of Sandy Beresford

1/3 cup flour
 3/4 cup rolled oats
 1/3 cup margarine
 1/3 cup sugar
 1 whole 16 ounce can pitted sour cherries
 1¹/₂ tablespoons cornstarch
 1/8 teaspoon cinnamon
 1/8 teaspoon nutmeg
 1 tablespoon lemon juice

1. Preheat to 375 °F.
2. Combine flour and oats. Cut in margarine until crumbly; mix in 1/3 cup of the sugar. Set aside for topping.

3. Drain cherries, reserving juice. Combine remaining sugar with the cornstarch, spices and lemon juice; slowly blend in cherry juice. Cook over low heat stirring constantly until sauce is thick and clear. Add cherries. Pour into greased 8 inch square pan. Sprinkle with topping.
4. Bake at 375 °F for 30 minutes.

Thin French Apple Tart

Courtesy of Holly Gates

Yields 8 servings

1/2 of a 14 ounce package refrigerated pie dough
 1/4 cup sugar
 1/2 teaspoon ground cinnamon
 2 pounds golden delicious apples, peeled, cored and thinly sliced
 2 1/2 tablespoons honey
 1/2 teaspoon vanilla

1. Preheat oven 425 °F.
2. Place dough on a lightly floured surface; roll into a 12 inch circle.
3. Place on a 12 inch pizza pan.
4. Combine sugar and cinnamon. Sprinkle 1 tablespoon sugar mixture over dough.
5. Arrange apple slices spoke-like on dough, working from outside edge to center. Sprinkle apple slices with remaining sugar mixture.
6. Bake at 425 °F for 30 minutes.
7. Combine honey and vanilla in a microwave safe bowl. Microwave at high 40 seconds. Brush honey mixture over warm tart. Serve warm.

Fruit Pizza

Courtesy of Laura Benson

Yields 16 to 20 servings

1 whole 20 ounce refrigerated sugar cookie dough
 1 whole 8 ounce package cream cheese, softened
 1/4 cup powdered sugar
 1 whole 8 ounce carton frozen whipped topping
 2 to 3 kiwi fruit peeled and sliced
 1 whole 11 ounce can mandarin oranges
 1/2 cup red grape halves
 1 sliced banana

Glaze:

1/2 cup sugar
 1/4 cup orange juice
 2 tablespoons water
 1 tablespoon lemon juice
 1 1/2 teaspoons corn starch

1. Preheat oven to 375 °F.
2. Pat cookie dough into a 14 inch pizza pan.
3. Bake at 375 °F for 15 minutes, cool.
4. In a mixing bowl, beat cream cheese and powdered sugar, fold in whipped topping and spread out cookie dough. Arrange the fruit on top.
5. Heat glaze in a saucepan and brush over fruit.
6. Refrigerate.

No Fail Pie Crust

Courtesy of Sandy Beresford

Yields 3 single crusts

2 1/2 cups flour, sifted
 1 cup shortening (Crisco)
 1/4 cup cold water
 1 tablespoon vinegar

1 teaspoon salt

1 egg, beaten

1. Sift together flour and salt. Cut in shortening with pastry blender until mixture resembles small peas. In a bowl, combine water, vinegar and egg. Pour into flour mixture and mix lightly until all flour is moistened and pastry forms a ball.
2. Divide the dough into 3 parts. Roll each part between 2 sheets of wax paper. Place small amount of water on counter top and lay first piece of wax paper over water to prevent it from slipping. Sprinkle a little flour on top of the first sheet, then place the pastry dough on it. Roll dough in the flour. Cover dough with second sheet of waxed paper and roll out with rolling pin on top of the second sheet of wax paper to form crust. (No sticking, no mess!) Remove the wax paper and place in pie plate.
3. Brush top of crust with beaten egg and dust with sugar before baking. This seals the dough from getting soggy and adds great flavor.

Spiced Pumpkin Pecan Pie

Courtesy of Holly Gates

1 teaspoon cinnamon

1/2 teaspoon ginger

1/4 teaspoon nutmeg

1/8 teaspoon cloves

1 teaspoon vanilla

1 1/2 cups canned pumpkin

1/4 teaspoon salt

3/4 cup brown sugar

1/2 cup light corn syrup

3 eggs

1 cup chopped pecans

1 whole 9 inch pie crust

1. Preheat oven to 350 °F.
2. Mix together first then ingredients until everything is incorporated.
3. Pour mixture into pie shell and top with pecans.
4. Bake for one hour or until toothpick inserted in the middle comes out clean.

Note The cinnamon, ginger, nutmeg, and cloves can be replaced with 2 teaspoons pumpkin pie spice.

Perfect Pumpkin Pie

Courtesy of Holly Gates

1 whole 15 ounce can pumpkin, 2 cups

1 whole 14 ounce can Eagle Brand sweetened condensed milk

2 eggs

1 teaspoon ground cinnamon

1/2 teaspoon ground ginger

1/2 teaspoon ground nutmeg

1/2 teaspoon salt

9 inch prepared unbaked pie crust

1. Preheat oven to 425 °F.
2. Whisk pumpkin, Eagle Brand, eggs, spices and salt until smooth.
3. Pour into crust. Bake 15 minutes.
4. Reduce heat to 350 °F and continue baking 35 to 40 minutes or until knife inserted 1 inch from crust comes out clean. Cool. Refrigerate leftovers.

Pumpkin Pie

*Courtesy of Eileen Wilcox
from Kristi Hershenow*

9 inch pie

1/2 cup heavy cream

1/2 cup milk

3/4 cup dark brown sugar

1 teaspoon cinnamon
 1/8 teaspoon ground cloves
 1/2 teaspoon ground ginger
 3 eggs lightly beaten
 2 tablespoons bourbon (GF: Jack Daniels)
 1 1/2 cup pureed pumpkin, freshly cooked
 or canned

1. Preheat oven 350 °F.
2. In a large mixing bowl, combine cream, milk, brown sugar, cinnamon, cloves and ginger.
3. Stir thoroughly, and then add the lightly beaten eggs and bourbon.
4. Stir in the 1 1/2 cups pumpkin.
5. Carefully pour the filling into an uncooked pie shell.
6. Bake for 40 to 50 minutes in the center of the oven until filling is firm and center of the pie barely quivers when the pie is gently moved back and forth.
7. Serve warm or at room temperature

Deep Dish Cranberry Pie

Courtesy of Bonnie Gates

Yields 8 servings

6 cups fresh cranberries
 2 1/2 cups sugar
 1/3 cup quick cooking tapioca
 1/2 teaspoon salt
 1/4 cup molasses
 3 tablespoons butter

1. Preheat oven 400 °F.
2. Line bottom and sides of 6 inch × 10 inch × 2 inch pan with 2/3 of a single pie crust rolled into a 12 inch × 15 inch rectangle.
3. Wash 6 cups fresh cranberries.

4. Add and mix 2 1/2 cups sugar, 1/3 cup quick cooking tapioca, and 1/2 teaspoon salt.
5. Turn into pastry lined baking dish.
6. Drizzle molasses over top and dot with butter.
7. Roll remaining pastry 1/8 inch thick. Cut into strips 1/2 inch wide. Place over top in lattice fashion.
8. Bake 60 minutes or until done.

German Chocolate Pie

Courtesy of Eileen Wilcox

1 whole 4 ounce bar sweet German chocolate
 1/4 cup butter
 12/3 cups evaporated milk
 1 1/2 cups sugar
 3 tablespoons cornstarch
 1/8 teaspoon salt
 2 eggs, beaten
 1 teaspoon vanilla
 10 inch unbaked pie shell
 1 1/3 cups shredded coconut
 1/2 cup chopped pecans

1. Preheat oven to 375 °F.
2. Melt chocolate and butter over low heat, stirring until blended.
3. Remove from heat; blend in milk gradually.
4. Mix sugar, cornstarch and salt in large mixing bowl.
5. Beat in eggs and vanilla.
6. Blend in chocolate mixture gradually.
7. Pour into pie shell.

8. Mix coconut and pecans; sprinkle over filling.
9. Bake at 375 °F for 45 minutes. Cool for 4 hours.

White Chocolate Devil's Food Pie

Courtesy of Laura Benson

2 cups cold skim milk, divided
 1 package Jell-O Devil's Food Instant Pudding and Pie Filling
 1 whole 8 ounce tub Cool Whip topping, thawed
 1 prepared graham cracker crumb crust
 1 package Jell-O White Chocolate Instant Pudding and Pie Filling

1. Pour 1 cup of the milk into medium bowl. Add devil's food flavor pudding mix. Beat with wire whisk 1 minute. Gently stir in 1/2 of the whipped topping, spoon evenly into crust.
2. Pour remaining 1 cup milk into another medium bowl. Add white chocolate flavor pudding mix. Beat with wire whisk 1 minute. (Mixture will be thick.) Gently stir in remaining whipped topping. Spread over pudding layer in crust.
3. Refrigerate 4 hours or until set. Garnish as desired. (Suggestion: shaved chocolate.)

Coconut Cream Pudding

*Courtesy of Eileen Wilcox
 from Olean Wilcox*

Makes great pie.

1/3 cup flour
 2/3 cup sugar
 1/4 teaspoon salt
 2 cups milk
 3 egg yolks, beaten (I use 2 whole egg)
 1 teaspoon vanilla
 1 tablespoon butter

1 cup coconut

1. Mix flour, sugar and salt. Gradually add milk.
2. Cook over low heat stirring constantly until thick.
3. When mixture thickens slightly, add small amount to eggs.
4. Stir into pudding and cook 2 minutes.
5. Remove from heat and stir in vanilla, butter and coconut.
6. Pour into bowl or baked piecrust.

Chocolate Pudding

*Courtesy of Eileen Wilcox
 from Olean Wilcox*

Makes great pie.

1/2 cup flour
 2/3 cup sugar
 3 tablespoons cocoa
 1 tablespoon butter
 2 cups milk
 2 egg yolks, beaten (I use 1 whole egg)
 1 teaspoon vanilla

1. Mix thoroughly and cook over low heat, stirring constantly (Or microwave High 3 minutes stir High 2 minutes): flour, sugar, cocoa, butter, milk, and salt.
2. When mixture thickens slightly, add small amount to egg yolks.
3. Add egg mixture to pudding and cook until thick. (If using microwave add eggs and cook on high 2 minutes or until thick)
4. Remove from heat add vanilla and pour into bowl or prebaked piecrust.

Butterscotch Pudding*Courtesy of Bonnie Gates*

- 1/2 cup honey
- 1/3 cup whole wheat flour
- 1/4 teaspoon salt
- 2 cups milk
- 2 eggs
- 1 tablespoon butter
- 1 tablespoon vanilla

1. Mix together honey, flour, salt and half of the milk.
2. Bring to a boil over medium heat. Boil for 2 minutes stirring constantly.
3. Add rest of the milk and eggs. Boil for 1 minute while stirring.
4. Remove from heat and stir in butter and vanilla.
5. Cover, cool and chill.

Wonderful Chocolate Mousse*Courtesy of Lil McBrien*

Yields 4 to 6 servings

This is a wonderful dessert that is easy to make and fools many people — it doesn't taste like its ingredients. Be sure to try the variations.

- 2 packages Mori Nu lite Tofu, firm
- 1 whole 1-1 1/2 cups Sunspire chocolate chips or carob chips
- 1/4 cup honey or sweetener
- 2 to 4 tablespoons milk or milk substitute
- 2 teaspoons vanilla

1. Melt chips being careful not to scorch the chips.
2. Blend tofu, honey, milk and vanilla in blender until smooth.
3. Blend melted chips into tofu in blender until smooth.

4. Chill mixture until firm. Store in refrigerator and use within five days.

Variation For a chocolate pie, omit the milk and proceed according to direction. Pour into a prebaked piecrust. Chill.

Ingredient Substitution Carob chips or half carob chips can be used in place of the chocolate chips.

Rice Pudding*Courtesy of Bonnie Gates*

- 4 cups cold cooked rice
- 8 eggs
- 2 cups sugar
- 2 teaspoons
- Vanilla
- 1 teaspoon cinnamon
- 2 cans evaporated milk
- 6 cups milk
- 1 to 2 cups raisins, soaked

1. Preheat oven to 375 °F.
2. Bake uncovered for 1 hour at 375 °F.

Old Fashioned Bread Pudding*Courtesy of Eileen Wilcox
from Lyla Thiemet*

This is good for using up old bread or dried out cake. You can use leftover banana bread, corn bread (plain, not the onion and cheese kind), carrot cake, gingerbread — whatever lends itself to your taste. This recipe is geared for regular, unsweet bread. If you do use cake or sweet bread, adjust the amounts of sweetening, spice and vanilla to taste

- 3 cups milk
- 3 large eggs
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 3 tablespoons honey

Juice from 1/2 lemon
 2 teaspoons vanilla
 2 tablespoons brown sugar
 4 cups coarsely crumbled bread
 1 1/2 cups freshly grated apple and/or
 1/2 cup chopped dried fruit
 1/2 cup chopped nuts (optional)

1. Preheat 350 °F oven 9 inch × 13 inch pan.
2. Beat well together: milk, eggs, cinnamon, salt, honey, lemon juice, vanilla, and brown sugar.
3. Mix together in 9 inch × 13 inch baking pan: crumbled bread, freshly grated apple and/or chopped dried fruit, and chopped nuts (optional).
4. Pour the milk mixture into the pan and push everything around with a wooden spoon until uniformly combined.
5. Bake 35 minutes.
6. Server hot, warm or cold with heavy cream, ice cream, fresh fruit or apple-sauce.

No Bake Cheesecake

Courtesy of Laura Benson

8 ounces cream cheese
 1 cup sugar
 1 cup sour cream
 2 teaspoons vanilla
 8 ounces whipped topping
 1 graham cracker crust

1. Beat cream cheese and add sugar.
2. Gently fold in other ingredients.
3. Spoon into crust and refrigerate before serving.
4. Optional: Add 1 ounce strong coffee for mocha flavored cake.

Brownie Cheesecake

Courtesy of Holly Gates

1 package (13 inch × 9 inch pan size)
 brownie mix
 4 whole 8 ounce packages cream cheese
 1 cup sugar
 1 teaspoon vanilla
 1/2 cup sour cream
 3 eggs
 1 square semi sweet baking chocolate,
 melted and cooled slightly

1. Preheat oven to 350 °F.
2. Line 13 inch × 9 inch baking pan with foil, with ends of foil extending over sides of pan. Spray with cooking spray.
3. Prepare brownie batter as directed on package; pour into prepared pan. Bake 15 minutes or until top of brownie is shiny and center is almost set.
4. Meanwhile, beat cream cheese, sugar and vanilla in large bowl with electric mixer on medium speed until well blended. Add sour cream; mix well. Add eggs, one at a time, mixing on low speed after each addition just until blended. Pour over partially baked brownie batter in pan. (Filling will come almost to top of pan.)
5. Bake 40 minutes or until center is almost set. Cool. Refrigerate 4 hours or overnight. Let stand at room temperature 30 minutes before serving. Lift cheesecake from pan, using foil handles. Drizzle with chocolate; let stand until chocolate is firm. Cut into 16 pieces to serve. Store leftover cheesecake in refrigerator.

Fast Fudge Frosting

Courtesy of Sandy Beresford

3³/₄ cups (1lb) powdered sugar
 1/2 cup cocoa
 1/4 teaspoon salt
 1/3 cup boiling water
 1/3 cup butter, softened
 1 teaspoon vanilla

1. Combine powdered sugar, cocoa and salt.
2. Add and beat together: water, vanilla and butter. Thin if needed with drops of hot water.
3. Frosts 2 layer 9 inch round cake.

Zucchini Chocolate Cake

Courtesy of Bonnie Gates

1/2 cup butter
 1/2 cup salad oil
 1³/₄ cups sugar
 2 eggs
 1 teaspoon vanilla
 1/2 cup sour milk
 1/4 teaspoon soda
 1/2 teaspoon baking powder
 2 cups shredded zucchini
 1/2 teaspoon cloves
 1/2 teaspoon cinnamon
 1/4 teaspoon chocolate chips
 1/2 cup nuts
 2¹/₂ cups flour
 4 tablespoons cocoa

1. Preheat oven to 325 °F.
2. Grease and flour 9 inch × 13 inch pan.
3. Cream together butter, oil and sugar.
4. Add eggs, vanilla and sour milk.
5. Add all other ingredients except chips and nuts.
6. Pour into prepared pan.

7. Sprinkle chocolate chips and nuts over batter.
8. Bake at 325 °F for 45 minutes.

Zucchini Cake

Courtesy of Laura Benson

1¹/₂ cups oil
 1/2 teaspoon baking powder
 1¹/₂ teaspoons baking soda
 3 cups flour
 1¹/₂ teaspoons cinnamon
 3 cups sugar
 3 cups zucchini, grated
 4 eggs
 1 cup chocolate chips
 Icing:
 3¹/₂ cups powdered sugar
 1/2 cup butter, softened
 1 whole 1 to 8 ounce package cream cheese, softened
 1 teaspoon vanilla

1. Preheat oven to 350 °F.
2. Add sugar to oil, mix in eggs and squash. Mix dry ingredients together and add slowly to wet mixture.
3. Bake at 350 °F for 50 minutes. Add chocolate chips half way through baking time so they don't sink to the bottom, but they still stick in the batter.
4. Mix powdered sugar, butter, cream cheese, and vanilla to make the icing. Drizzle.

Pound Cake

*Courtesy of Eileen Wilcox
from Jean Whalen*

Lucas' favorite

1 cup butter
 1¹/₂ cup sugar
 4 eggs

2 cups + 2 tablespoons flour
 1 teaspoon baking powder
 1/4 teaspoon salt
 1/2 cup milk
 1 teaspoon vanilla
 1 teaspoon almond extract

1. Preheat oven to 325 °F.
2. Beat all together for 20 minutes (7 minutes with kitchen aid mixer).
3. Pour into well greased and floured loaf pan.
4. Bake at 325 °F for 75 minutes. Test with toothpick in center as additional baking may be needed.

Hot Milk Cake

Courtesy of Eileen Wilcox

1 1/2 cup + 6 tablespoons milk
 3/4 cup butter
 6 eggs
 3 cups + 6 tablespoons sugar
 3 cups flour
 2 1/2 teaspoons baking powder
 2 teaspoons vanilla

1. Preheat oven to 375 °F.
2. Melt butter and milk together.
3. Beat eggs until thick.
4. Gradually add sugar to eggs while beating.
5. Sift together flour and baking powder.
6. Alternately add milk and flour mixtures to eggs, beating after each addition.
7. Stir in vanilla.
8. Grease and flour 3 to 9 inch round pans. Pour batter into prepared pans. Bake at 375 °F for 30 minutes.

Hint 9 inch × 13 inch pan can be used, but there will be extra batter.

Cinnamon Chocolate Cake

*Courtesy of Eileen Wilcox
 from Olean Wilcox*

Cake

1/2 cup butter
 1 1/4 cup sugar
 1 egg
 1 1/2 cups flour
 4 tablespoons cocoa
 1 tablespoons cinnamon
 1 teaspoon soda
 1 cup sour milk

1. Preheat oven to 325 °F.
2. Cream together butter and sugar, add egg and mix.
3. Sift together flour, cocoa, cinnamon and soda.
4. Add alternatively to batter with sour milk; beating after each addition.
5. Bake 30 minutes at 325 °F.

Frosting

1 1/2 cups sugar
 6 tablespoons butter
 6 tablespoons milk
 1/2 cup chocolate chips

1. Bring sugar, butter and milk to a rolling boil for 30 seconds.
2. Remove from heat and add chocolate chips.
3. Beat until creamy and easy to spread.

Texas Sheet Cake

*Courtesy of Eileen Wilcox
 from Diane Broccardo*

Cake

1 cup butter
 1/4 cup cocoa
 1 cup water
 1 1/2 cups sugar
 2 eggs
 2 cups flour
 1/2 cup buttermilk or sour cream
 1 teaspoon baking soda
 1 teaspoon vanilla

1. Preheat oven to 350 °F.
2. Boil together butter, cocoa, and water.
3. Add and mix together sugar, eggs, flour, buttermilk or sour cream, baking soda, and vanilla.
4. Grease and flour jelly roll pan, 15 1/2 inch × 10 1/2 inch × 1 inch (double recipe for 18 inch × 12 inch × 2 inch). Pour batter in pan and bake at 350 °F for 20 to 30 minutes.

Frosting

1/2 cup butter
 1/4 cup cocoa
 6 tablespoons milk
 1 pound powdered sugar (3 3/4 cups)
 1 teaspoon vanilla
 1 cup chopped nuts

1. Boil together butter, cocoa, and milk.
2. Add powdered sugar, vanilla, and chopped nuts. Beat until fluffy.
3. Ice cake while frosting is warm.

German Chocolate Cake

Courtesy of Chuck Wilcox
 Yields 12 servings

Cake

1 whole 4 ounce package German Sweet Chocolate
 1/2 cup water
 2 cups flour (High Altitude: +3 tablespoons)
 1 teaspoon soda
 1/4 teaspoon salt
 1 cup butter, softened
 2 cups sugar
 4 eggs, separated
 1 teaspoon vanilla
 1 cup buttermilk

1. Preheat oven to 350 °F (High Altitude: 375 °F).
2. Grease and flour 3 to 9 round cake pans. Line bottoms with wax paper.
3. Microwave chocolate and water in large microwavable bowl on high 1 1/2 to 2 minutes or until chocolate is almost melted, stirring halfway through heating time. Stir until chocolate is completely melted.
4. Mix flour soda and salt; set aside. Beat butter and sugar in large bowl with electric mixer on medium speed until light and fluffy. Add egg yolks 1 at a time, beating well after each addition. Stir in chocolate mixture and vanilla. Add flour mixture alternately with buttermilk, beating after each addition just until smooth.
5. Beat egg whites in another bowl with electric mixer on high until stiff peaks form. Gently stir into batter. Pour into prepared pans.
6. Bake 30 minutes or until cake springs back when lightly touched in center. Immediately run spatula between cakes

and sides of pans. Cool 15 minutes; remove from pans. Remove wax paper. Cool completely on wire racks.

Coconut Pecan Frosting

1 whole 12 ounce can evaporated milk
 1½ cups sugar
 ¾ cup butter
 4 egg yolks, slightly beaten
 1½ teaspoons vanilla
 1 whole 7 ounce package angel flake coconut (2⅔ cups)
 1½ cups chopped pecans

1. Mix milk, sugar, butter, egg yolks and vanilla in large saucepan. Cook and stir on medium heat about 12 minutes or until thickened and golden brown. Remove from heat.
2. Stir in coconut and pecans. Cool to room temperature and of spreading consistency. Spread coconut-pecan frosting between layers and over top of cake.

Chocolate Bundt Cake

Courtesy of Sandy Beresford

1 chocolate cake mix
 1 package instant chocolate pudding
 ¼ cup flour
 1 cup water
 ½ cup oil
 1 cup sour cream
 2 eggs
 ½ cup chocolate chips

1. Preheat oven to 325 °F.
2. Spray Bundt pan with flour/oil mix. Mix all of above in mixer. Pour into 12-cup Bundt pan. Bake at 325 °F for 40 minutes. Insert toothpick to see if done. Dump out 10 minutes after out of oven. Sprinkle with powder sugar.

3. Using the Heart Bundt pan, reserve about 1½ cup of batter for the trash. It's too much for that pan.

Chocolate Cake

Courtesy of Eileen Wilcox

2 cups sugar
 ½ cup coco
 ½ teaspoon salt
 2 cups flour (GF: Cup for Cup Flour)
 1 cup vegetable oil
 1 teaspoon vanilla
 2 eggs
 1 cup sour milk
 1 teaspoon soda
 1 cup boiling water

1. Preheat oven to 375 °F.
2. Combine sugar, coco, salt, and flour.
3. Add vegetable oil, vanilla, eggs, sour milk, soda, and boiling water. Mix well.
4. Grease and flour 9 inch × 13 inch baking pan or 2 to 9 inch round pans. Pour batter into pans and bake in 375 °F oven for 30 minutes.

Variation Put blueberry pie filling between layers and frost with whipped cream.

Chocolate Valentine Cake

Courtesy of Lil McBrien

Cake

1½ cups semisweet chocolate chips
 2 cups (19 ounce can) cooked chickpeas (garbanzo beans), drained and rinsed
 4 eggs or 1 cup egg substitute
 1 cup sugar
 ½ teaspoon baking powder
 1 tablespoon powdered sugar

1. Preheat oven to 350 °F.

2. In small bowl, melt chocolate in microwave oven, 2 minutes on medium power.
3. In blender or food processor, combine beans and eggs.
4. Add sugar, baking powder and chocolate; process until smooth.
5. Pour batter into non-stick 9 inch heart-shaped or round cake pan.
6. Bake at 350 °F for 45 minutes or until a knife inserted comes out clean.
7. Cool. Sprinkle with sugar. Cut in 10 wedges.
8. Serve with raspberry sauce.

Quick Microwave Raspberry Sauce

1/2 cup seedless raspberry jam
2 teaspoons Fresh lemon juice
1 pint fresh raspberries

1. In a bowl microwave jam until melted 1 minute.
2. Stir in juice and berries.

Rhubarb Cake

Courtesy of Bonnie Gates

1 1/2 cup brown sugar
1/2 cup shortening
1 egg
2 cups flour
1 teaspoon soda
1 teaspoon cinnamon
1 teaspoon vanilla
2 cups rhubarb
1 cup milk or buttermilk
1/2 cup sugar
1 teaspoon cinnamon
1/2 cup nuts

1. Preheat oven to 350 °F.
2. Cream shortening and sugar; add egg; beat.
3. Sift dry ingredients and add milk and vanilla. Mix.
4. Stir in rhubarb and pour into greased and floured 9 inch × 13 inch cake pan.
5. Mix together sugar, cinnamon, and nuts.
6. Sprinkle over top of cake.
7. Bake at 350 °F for 35 to 40 minutes.

Apple Cake

Courtesy of Lil McBrien

Yields 8 servings

3 cups tart apples, diced
1/2 cup walnuts, chopped
1 cup whole wheat pastry flour
1 teaspoon baking soda
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1/2 cup sugar
3 tablespoons butter
1 egg
1 teaspoon vanilla

1. Preheat oven to 350 °F.
2. Cut apples into small chunks, leaving the skins on.
3. Chop walnuts.
4. Mix the flour, soda and spices.
5. Cream sugar and butter. Add egg and vanilla.
6. Then blend in the flour mixture.
7. Add the apples and walnuts. (Dough will be stiff.)
8. Spread mixture in an ungreased 9 inch × 9 inch pan and bake at 350 °F for 45 minutes.

Note This recipe can be used as a dessert or as breakfast bread. It's more nourishing than most coffee cakes. Great for morning meeting refreshments.

Oatmeal Chocolate Chip Cake

*Courtesy of Eileen Wilcox
from Lyla Thiemet*

- 1³/₄ cups boiling water
- 1 cup uncooked oats
- 1 cup lightly packed brown sugar
- 1 cup granulated sugar
- 1 stick butter
- 2 extra large eggs or 3 large eggs
- 1³/₄ cup flour
- 1 teaspoon soda
- 1 teaspoon salt
- 1 tablespoon cocoa
- 1 whole 12 ounce package chocolate chips
- ³/₄ cup pecans

1. Preheat oven to 350 °F.
2. Pour boiling water over oatmeal. Let stand at room temperature for 10 minutes.
3. Add sugars and butter. Stir until butter melts.
4. Add eggs and mix well.
5. Sift together flour, soda, salt and cocoa.
6. Add flower mixture to sugar mixture and mix well.
7. Add 1/2 package chocolate chips. Stir well.
8. Pour batter into 9 inch × 13 inch greased and floured cake pan. Sprinkle with remaining chocolate chips and pecans.
9. Bake at 350 °F for 40 minutes.

Tunnel of Fudge Cake

Courtesy of Sandy Beresford

- 1³/₄ cups sugar
- 1³/₄ cups butter, softened
- 6 eggs
- 2 cups powdered sugar
- 2¹/₄ cups flour
- ³/₄ cup unsweetened cocoa
- 2 cups chopped walnuts

1. Preheat oven to 350 °F.
2. Grease and flour 12 cup Bundt pan or 10 inch tube pan. In large bowl sugar and butter; beat until light and fluffy. Add eggs one at a time, beating well after each. Gradually add 2 cups powdered sugar; blend well. By hand, stir in flour and remaining ingredients until well blended. Spoon batter into prepared pan; spread evenly.
3. Bake for 45 to 50 minutes or until top is set and edges are beginning to pull away from sides. Cool upright in pan on wire rack for 1¹/₂ hours. Invert onto serving plate; cool.
4. Drizzle glaze over cake.

Glaze

- ³/₄ cup powdered sugar
- ¹/₄ cup unsweetened cocoa
- 4 to 6 teaspoons milk

1. Mix together powdered sugar, unsweetened cocoa, and milk.

Carrot Bundt Cake

Courtesy of Sandy Beresford

Cake

- 1 pound carrots (about 5) peeled, cut into ¹/₂ inch rounds
- ¹/₃ cup milk

2¹/₄ cups flour
 1¹/₂ teaspoons cinnamon
 1¹/₄ teaspoons baking powder
 3/4 teaspoon baking soda
 2 cups sugar
 3/4 cup unsalted butter (room temperature)
 3/4 teaspoon salt
 3 large eggs
 1 tablespoon vanilla
 1 cup chopped toasted walnuts
 1 cup + 2 tablespoons sweetened
 shredded coconut
 8 dried apricot halves, chopped (about
 1/2 cup)

1. Preheat oven to 350 °F.
2. Butter and flour 12-cup Bundt pan. Cook carrots in medium pot of boiling water until tender, about 15 minutes. Drain well. Transfer cooked carrots to processor and puree. Transfer 1¹/₂ cups carrot puree to small bowl (reserve any remaining puree for another use.) Add milk to carrot puree; stir to combine.
3. Whisk flour, cinnamon, baking powder and baking soda in medium bowl to blend. Using electric mixer, beat sugar, butter and salt in large bowl to blend. Add eggs to butter mixture 1 at a time, beating well after each addition. Beat in vanilla extract. Beat in flour mixture alternately with carrot mixture in 3 additions each. Fold in toasted walnuts, 1 cup coconut and apricots. Transfer batter to prepared Bundt pan.
4. Bake cake until tester inserted near center comes out clean, about 55 minutes. Cool cake in pan on rack 20 minutes. Invert cake onto rack.
5. Meanwhile, prepare orange glaze.

6. Pour glaze over warm cake. Sprinkle remaining 2 tablespoons sweetened shredded coconut over glaze. Cool (Cake can be prepared 2 days ahead. Store airtight at room temperature.)

Orange Glaze

1 cup + 3 tablespoons powdered sugar
 1/4 cup orange juice
 2 teaspoons finely grated orange peel

1. Whisk powdered sugar, orange juice and orange peel in small bowl to blend.

Top Me Twice Cake

Courtesy of Eileen Wilcox

This works great as a coffee cake.

2 cups flour
 1¹/₂ cup sugar
 1 teaspoon salt
 1 teaspoon soda
 1 whole 13¹/₂ ounce can crushed
 pineapple
 1¹/₂ teaspoon vanilla
 2 eggs
 1/2 cup packed brown sugar
 1/2 cup flaked coconut
 1/2 cup chopped pecans
 1/2 cup butter, melted
 1/2 cup half and half

1. Preheat oven to 350 °F.
2. Grease bottom of 9 inch square pan.
3. Mix flour, 1 cup sugar, salt, soda, can crushed pineapple, 1 teaspoon vanilla, and eggs together and pour batter in prepared pan.
4. For the topping, combine brown sugar, flaked coconut, and chopped pecans. Sprinkle over batter.
5. Bake at 350 °F for 45 to 50 minutes.

- Combine butter, half and half, 1/2 cup sugar, and 1/2 teaspoon vanilla into a sauce and pour over cake just before it is done.

Classic Carrot Cake

Courtesy of Lil McBrien

Holly made this cake for Jerry and Lil's wedding.

Cake

- 2 cups light brown sugar
 - 1/2 cup soy oil
 - 1/2 cup buttermilk
 - 1/4 cup honey
 - 3 eggs
 - 2 cups flour (GF: Cup for Cup Flour)
 - 1 1/2 teaspoons cinnamon
 - 1/2 teaspoon salt
 - 1 teaspoon baking soda
 - 1 teaspoon grated lemon rind
 - 2 cups finely grated carrots
 - 1/2 cup raisins
 - 1/2 cup chopped walnuts (GF: check package)
- Preheat oven to 350 °F.
 - Butter and lightly flour two 8 inch cake pans
 - Mix together sugar, oil, buttermilk, honey and eggs in the large bowl of a mixer. Beat until light
 - Sift together flour, cinnamon, salt and baking soda. Add this gradually to the egg mixture. Stir in lemon rind, grated carrots, raisins and chopped walnuts. (You can coarsely chop the nuts if you like a chunky quality or finely chop them for a more even texture)
 - Pour into prepared pans, distributing evenly.

- Bake at 350 °F for 30 to 35 minutes. The sides should begin to pull away, and the center will spring back when lightly pressed. Turn onto a rack and cool completely while cake is cooling, prepare frosting. It needs to chill 1 hour before using.

Cream cheese Icing

- 8 ounces cream cheese at room temperature
 - 4 ounces sweet butter at room temperature
 - 2 cups powdered sugar
 - 1 cup finely chopped walnuts (GF: check package)
- Beat together the softened cream cheese and butter with an electric mixer until very creamy. Gradually beat in sugar. Chill for about 1 hour before using.
 - Frost between layers and on top and sides with Cream Cheese Icing. We comb the sides of our cake with a special decorator's tool available at gourmet cookware shops.

Bundt Cake

Courtesy of Sandy Beresford

Any cake mix can be a Bundt mix!

- 1 cake mix
 - 4 eggs
 - 1/2 cup oil
 - 1/2 cup sour cream
 - 1/2 cup water
 - 1 whole 5.9 ounce box of instant pudding that goes with the cake
- Just add all ingredients to the cake mix.

Amaretto Cake

*Courtesy of Sandy Beresford
from Jean Pohl*

Cake

1/2 cup water
 4 tablespoons flour
 1/2 cup whiskey
 1 package chocolate cake mix
 1/2 cup oil
 4 eggs, beaten
 1 package small instant chocolate pudding
 1/2 cup chopped pecans

1. Preheat oven to 325 °F.
2. Grease and flour Bundt pan. Sprinkle the 1/2 cup chopped pecans in bottom of prepared pan.
3. Beat remaining ingredients together 3 to 4 minutes. Pour over the nuts in prepared pan.
4. Bake 50 to 60 minutes. (Until firm to touch—toothpick comes out clean). Before cake comes out of the oven, have the glaze prepared and ready.

Glaze

1/4 cup water
 1/2 cup amaretto
 1 cup sugar
 1/2 cup butter/margarine

1. Mix and bring to glaze ingredients to a boil.
2. Immediately after cake comes out of oven—cake still in Bundt pan, pour glaze over cake.
3. Cool at least 1/2 hour before removing from pan.

Rum Cake

Courtesy of Sandy Beresford

Cake

1/2 cup water
 4 tablespoons flour
 1/2 cup rum
 1 package yellow cake mix
 1/2 cup oil
 4 eggs, beaten
 1 small package instant vanilla pudding
 1/2 cup chopped pecans

1. Preheat oven to 325 °F.
2. Grease and flour Bundt pan. Sprinkle the 1/2 cup chopped pecans in bottom of prepared pan.
3. Beat remaining ingredients together 3 to 4 minutes. Pour over the nuts in prepared pan.
4. Bake 50 to 60 minutes. (Until firm to touch—toothpick comes out clean). Before cake comes out of the oven, have the glaze prepared and ready.

Glaze

1/4 cup water
 1/2 cup rum
 1 cup sugar
 1/2 cup butter/margarine

1. Mix and bring glaze ingredients to a boil.
2. Immediately after cake comes out of oven—cake still in Bundt pan, pour glaze over cake.
3. Cool at least 1/2 hour before removing from pan.

Blondies

Courtesy of Sandy Beresford
 Yields 12 cookies

3/4 cup pecans, coarsely chopped
 3/4 cup unsalted butter, plus more for pan

1½ cups flour
 1 teaspoon baking powder
 1 teaspoon salt
 1 cup packed light brown sugar
 ⅓ cup sugar
 2 large eggs
 1 teaspoon vanilla
 1 cup butterscotch or semisweet
 chocolate chips

1. Preheat oven to 350 °F.
2. Spread pecans on baking pan. Bake until toasted, 5 to 10 minutes. Transfer pecans to bowl to cool.
3. Butter a 9 inch square cake pan and set aside. In med. Bowl, whisk together flour, baking powder and salt; set aside.
4. In electric mixer bowl, combine butter and sugars. Beat until light and fluffy, 2 to 3 minutes, scraping sides. Add eggs and vanilla, beat until well combined. Add flour mixture; beat just until combined. Fold in butterscotch chips and toasted pecans.
5. Spread batter into pan. Bake until surface is golden brown and cake tester inserted into center comes out barely clean, 45 to 55 minutes. Transfer to a wire rack to cool. Cut into squares. Store in airtight container up to 3 days.

Triple Chocolate Rockyroad Bars

Courtesy of Laura Benson

1 package double chocolate chunk cookie mix
 ¼ cup vegetable oil
 2 tablespoons water
 1 egg
 1 cup chocolate frosting
 ⅓ cup miniature marshmallows
 1 tablespoon chopped peanuts

1. Preheat oven to 350 °F.
2. Mix dry cookie mix, oil, water and egg with spoon until dough forms. Press on ungreased square 8 inch × 8 inch pan.
3. Bake 20 to 25 minutes or just until set.
4. Cool completely.
5. Mix frosting and marshmallows. Spread over bars. Sprinkle with peanuts.
6. Cut into 2 inch squares.

Cheerio Peanut Bark

Courtesy of Sandy Beresford

½ cup chunky peanut butter
 1 pound vanilla bark
 2 cups salted peanuts
 3 cups cheerios

1. Melt bark and peanut butter together. Add nuts and cheerios.
2. Drop onto wax paper by heaping teaspoon. Cool.

Golden Popcorn Squares

Courtesy of Sandy Beresford

Yields 3 dozen squares

2 tablespoons vegetable oil plus more for pans
 ¾ cup popping corn (enough to make 12 cups popped)
 1½ recipes Caramel for Cookies
 2 cups salted peanuts

1. Preheat oven to 350 °F.
2. Brush two 9 inch × 13 inch × 2 inch baking pans with oil, lined with parchment and oil parchment. Set aside.
3. Heat oil in large stock pot and cook popcorn.

4. Transfer popped corn in large mixing bowl. Using a microwave or double boiler, heat caramels until liquid. Add caramel and peanuts to popcorn; stir with wooden spoon until all popcorn is coated. Transfer mixture to one of the prepared pans, and using the back of the spoon, pack mixture as tightly as possible.
5. Bake until caramel darkens, about 20 minutes. Transfer pan to wire rack to cool for 5 minutes. Using hot pads, place other prepared pan on top, parchment side down. Invert popcorn into second pan and transfer to wire rack to cool. When completely cooked and hard, cut into about 36, 1 1/2 inch × 2 inch pieces.

Note For a quicker version, use air-popped popcorn.

Caramel for Cookies

Courtesy of Sandy Beresford

- 4 cups sugar
- 1/2 teaspoon cream of tartar
- 1/4 teaspoon salt
- 1/2 cups heavy cream

1. Combine sugar, cream of tartar, salt and 1/3 cup water in a wide, heavy-bottomed saucepan, with sides at least 3 inch high.
2. Place over high heat. Let cook, without stirring, until sugar begins to melt and turn golden, 2 to 5 minutes.
3. Turn heat to medium; continue to cook, stirring occasionally, until all sugar is melted, deep golden, and a candy thermometer reads 300 °F (hard crack stage). While stirring, carefully pour cream slowly down the side of the pan (stand back slightly from stove, as the cream may cause the caramel to sputter).

4. When cream is incorporated, remove from heat; transfer to heatproof bowl.
5. Use immediately.

Rice Crispy Treats

Courtesy of Eileen Wilcox

- 4 cups marshmallows
- 1/4 cup butter
- 5 cups Rice Krispies

1. Mix marshmallows and butter in 3-quart casserole dish.
2. Cover and microwave on high 2 to 3 minutes.
3. Remove from heat and add Rice Krispies and stir.
4. Put in 9 inch × 13 inch buttered pan.

Crispy Peanut Butter Treats

Courtesy of Sandy Beresford

Yields 2 to 3 dozen treats

- 1 cup creamy peanut butter
- 2 cup crispy rice cereal
- 3 cup powdered sugar, divided
- 3 tablespoons milk
- 1/4 cup plus
- 1 cup flaked coconut
- 2 tablespoons butter, softened and divided

1. Thoroughly mix together peanut butter, one cup powdered sugar and 2 tablespoons butter; stir in cereal.
2. Form mixture into 3 inch logs; chill.
3. Mix the remaining powdered sugar and butter with milk in a separate mixing bowl; dip one end of log into the frosting mixture.
4. Roll in coconut. Chill.
5. May dip in chocolate or vanilla candy coating to keep form.

Peanut Butter Chocolate Bars*Courtesy of Sandy Beresford*

Yields 24 bars

6 cup quick cooking oatmeal
 2/3 cup shortening, melted
 1 cup packed brown sugar
 4 1/2 teaspoons vanilla
 3/4 cup corn syrup
 1 cup chunky peanut butter
 2 cup chocolate chips

1. Preheat oven to 375 °F.
2. Mix all together except chocolate chips.
3. Press into a 13 inch × 9 inch baking pan.
4. Bake at 375 °F for 12 minutes.
5. Remove from oven and immediately sprinkle with chocolate chips; spread when melted.
6. Cool and cut into 24 bars.

Chocolate Chip Cookies*Courtesy of Jay Beresford*

1/2 cup Crisco
 3/4 cup brown sugar
 2 eggs, beaten
 2 1/4 cup flour
 1/3 cup coconut (optional)
 1/2 cup butter, softened
 3/4 cup sugar
 1 teaspoon salt
 1 teaspoon baking soda
 1 teaspoon vanilla
 3/4 cup chocolate chips
 1/2 cup chopped walnuts

Preheat oven to 350 °F.

Cream Crisco, butter, sugars and eggs.

Add dry ingredients. Mix well. Add a few drops of hot water if needed.

Add chocolate chips, coconut and nuts. Mix well.

Drop by spoonfuls on cookie sheet.

Bake at 350 °F for 8 to 10 minutes.

PB Special Cookies*Courtesy of Sandy Beresford*

1 box Ritz crackers, 3 rolls
 1 package Eagle Brand ready to melt chocolate bark
 1 medium jar peanut butter

1. Make peanut butter sandwiches with all the crackers, using two crackers for each sandwich.
2. Put waxed paper over two cookie sheets.
3. Melt chocolate bark in microwave. When smooth and melted dip each sandwich in chocolate, turning so that the entire cookie is covered. Let drip a few seconds and remove with fork. Place cookie on prepared sheet. Let cool. They are great in the freezer.

No Bake Cookies*Courtesy of Sandy Beresford*

Uncle Jerry's favorite!

2 cups sugar
 1/2 cup milk
 1/2 cup butter
 1 tablespoon corn syrup
 1/4 cup cocoa
 2 1/2 cups quick oatmeal
 1 cup chopped nuts or coconut
 1 teaspoon vanilla
 1 cup peanut butter (optional)

1. Bring to boil sugar, milk, butter, and corn syrup.
2. Remove from heat and quickly stir in cocoa, quick oatmeal, chopped nuts or coconut, vanilla, and peanut butter (if using it).
3. Dip by spoonfuls onto wax paper and let cool.

Peanut Butter No Bake Cookies*Courtesy of Sandy Beresford*

- 1½ cups oatmeal
- 1 cup creamy peanut butter
- 1½ cups nonfat dry milk
- 4 tablespoons unsalted butter
- 2 tablespoons honey
- ½ cup semisweet chocolate morsels (about 2 ounce)

1. Preheat oven to 350 °F.
2. Spread oatmeal in ungreased baking pan, and toast until lightly browned in oven for approximately 11 minutes, shaking once. Set aside to cool.
3. In medium bowl, combine peanut butter and dry milk. Stir in toasted oatmeal, and set aside.
4. In small saucepan over medium heat, melt butter. Stir in honey. Pour butter mixture over peanut-butter mixture, and stir until well combined. Allow to cool slightly.
5. Shape into about 40 logs, each about 2½ inch long. Place the logs onto wire rack or parchment lined baking sheet and set aside.
6. Place chocolate chips in small heat-proof bowl and set bowl over pan of gently simmering water. Stir occasionally until chocolate is melted, about 2 minutes. Remove from heat, and transfer melted chocolate to pastry bag. Drizzle chocolate onto cookie logs. Serve immediately or store in refrigerator up to 1 week.

Snickerdoodles*Courtesy of Bonnie Gates*

Yields 60 cookies

- 1 cup Crisco
- 1½ cup + 4 tablespoons sugar

- 2 eggs
- ¼ teaspoon salt
- 1 teaspoon baking soda
- 2 teaspoons cream of tartar
- 2¾ cups flour
- 4 teaspoons cinnamon

1. Preheat oven to 400 °F.
2. Mix together. Roll cookies into balls, and then roll in mixture of
3. 4 teaspoons cinnamon and
4. 4 tablespoons sugar.
5. Place on cookie sheet and bake at 400 °F for 8 to 10 minutes until light brown, but still soft.

Molasses Cookies*Courtesy of Bonnie Gates*

- ¾ cup Crisco
- 1 cup sugar
- ¼ cup molasses
- 1 egg
- 2 teaspoons soda
- 2 cup flour
- ½ teaspoon cloves
- ½ teaspoon ginger
- 1 teaspoon cinnamon
- ½ teaspoon salt

1. Preheat oven to 350 °F.
2. Melt shortening and cool.
3. Add sugar, egg and molasses.
4. Sift all dry ingredients together and then add to egg mixture.
5. Refrigerate for 1 to 2 hours.
6. Roll in balls size of walnuts and roll in sugar. Bake at 350 °F for 10 minutes.

Oatmeal Cookies

*Courtesy of Holly Gates
Colorado Cache*

3 eggs, well beaten
1 cup raisins
1 teaspoon vanilla
1 teaspoon salt
2 teaspoons baking soda
1 teaspoon cinnamon
1 cup butter/Crisco
1 cup brown sugar
1 cup sugar
2 cups oatmeal
2½ cups flour
¾ cup chopped nuts (optional)

1. Preheat oven 350 °F.
2. Mix and let stand 1 hour: eggs (well beaten), raisins, vanilla, salt, baking soda, and cinnamon.
3. Cream: butter/Crisco, brown sugar, and sugar.
4. Add raisin mixture to butter mixture and beat.
5. Add oatmeal, flour, and optionally chopped nuts.
6. Drop by heaping teaspoons on cookie sheet.
7. Bake 10 to 12 minutes until lightly brown.

Ginger Cookies

*Courtesy of Holly Gates
Crème de Colorado*

Yields 6 to 8 dozen

1½ cup Crisco
2 cups sugar
2 large eggs
2 teaspoons vanilla

½ cup molasses
4 teaspoons baking soda
2 teaspoons ground cinnamon
1 teaspoon ground nutmeg
2 teaspoons ground cloves
2 teaspoons ground ginger
2 teaspoons salt

1. Preheat oven 375 °F.
2. Cream together: Crisco, sugar, large eggs, vanilla, and molasses.
3. Add and mix: baking soda, ground cinnamon, ground nutmeg, ground cloves, ground ginger, salt, and flour.
4. Roll into small balls and roll in bowl of sugar to coat. Bake 8 to 10 minutes

Snickers's Surprise

Courtesy of Laura Benson

Cookie

1 cup butter, softened
1 cup creamy peanut butter
1 cup light brown sugar
1 cup sugar
2 eggs
1 teaspoon vanilla
3½ cups flour
1 teaspoon baking soda
½ teaspoon salt
1 whole 13 ounce package snickers minis

1. Preheat oven to 350 °F.
2. Combine the butter, peanut butter, and sugars. Use a mixer on medium to low speed until light and fluffy.
3. Slowly add eggs and vanilla until combined.
4. Mix in flour, salt and baking soda.
5. Cover and chill 2 to 3 hours.

6. Unwrap snickers.
7. Remove dough from fridge.
8. Divide into 1 tablespoon pieces and flatten.
9. Place a snickers on the center of each flattened cookie and form the dough around.
10. Bake on ungreased cookie sheet at 350 °F for 10 to 12 minutes.
11. Cool on rack.

Chocolate drizzle

- 1/2 cup chocolate chips
- 1 tablespoon shorting
- 1/2 cup powdered sugar

1. Melt chocolate chips and shorting.
2. While still warm drizzle with melted chocolate mixture and sprinkle with powdered sugar.

Macaroons

Courtesy of Laura Benson

- 2 eggs
- 1/2 cup sugar
- 1 1/2 tablespoon honey
- 1 teaspoon almond extract
- 1/2 teaspoon vanilla
- 1/3 cup flour
- 3 cups coconut

1. Preheat oven to 375 °F.
2. Beat first egg whites until light and fluffy.
3. Add next 4 ingredients and beat on high for 8 to 10 minutes.
4. Fold in flour and coconut by hand. Drop onto a buttered baking sheet or use a #2 pastry tip.
5. Bake for 8 minutes, cool on rack.

Pecan Sandies

Courtesy of Eileen Wilcox

- 1 cup butter
- 1/3 cup sugar
- 2 teaspoons water
- 2 teaspoons vanilla
- 2 cups flour
- 1 cup pecans, finely chopped

1. Preheat oven to 325 °F.
2. Cream butter and sugar; add water and vanilla; mix well.
3. Add flour and pecans; chill 3 to 4 hours.
4. Shape in balls or fingers.
5. Bake on ungreased cookie sheet at 325 °F for about 20 minutes.
6. Cool slightly; roll in confectioner's sugar. Makes 5 dozen.

Oatmeal Crisp Cookies

Courtesy of Bonnie Gates

- 1 cup butter, softened
- 1 cup brown sugar
- 1 cup sugar
- 2 eggs, beaten
- 3 cups quick oatmeal
- 1 1/2 cups flour
- 1 teaspoon soda
- 1 teaspoon vanilla
- 1/2 cup chopped nuts

1. Preheat oven to 400 °F.
2. Cream butter and sugars.
3. Add eggs and beat well.
4. Add flour, oatmeal, soda, salt and vanilla; mix well.
5. Add nuts and mix well.

6. Divide into four pieces, make long rolls and wrap in wax paper.
7. Chill thoroughly.
8. Slice thin and bake at 400 °F for approximately 10 minutes.

Peanut Butter Criss-Cross Cookies

Courtesy of Bonnie Gates

1 cup shortening
 1 cup peanut butter
 1 cup brown sugar
 1 cup sugar
 2 eggs, beaten
 3 cups flour
 1½ teaspoons soda
 1 teaspoon vanilla
 ½ teaspoon salt

1. Preheat oven to 400 °F.
2. Cream shortening, peanut butter and sugars.
3. Add eggs and beat well.
4. Add flour, soda, salt and vanilla; mix well.
5. Form walnut size balls.
6. Put balls on cookie sheet and use fork flatten and make criss-cross.

Lime Meltaways

*Courtesy of Sandy Beresford
 Martha Stewart*

12 tablespoons, 1½ sticks unsalted butter, room temperature
 1 cup powdered sugar
 Grated zest of 2 limes
 2 tablespoons freshly squeezed lime juice
 1 tablespoon vanilla
 1¾ cup plus 2 tablespoons flour
 2 tablespoons cornstarch

¼ teaspoon salt

1. Preheat oven to 350 °F.
2. In electric mixer bowl fitted with whisk attachment, cream butter and ⅓ cup of sugar until fluffy. Add lime zest, juice and vanilla; beat until fluffy.
3. In med. Bowl, whisk together flour, cornstarch and salt. Add to butter mixture and beat on low until combined.
4. Between two 8 inch × 12 inch pieces of parchment paper (or waxed paper), roll dough into two 1¼ inch diameter logs. Chill at least 1 hour.
5. Line two baking sheets with parchment. Place remaining ⅔ cup sugar in reclosable plastic bag. Remove logs, slice dough into ⅛ inch thick rounds. Place on baking sheets about 1 inch apart. Bake until barely golden, about 15 minutes. Cook on wire rack 8 to 10 minutes while still warm, place cookies in the sugar-filled bag; toss to coat.

French Butter Cookies

Courtesy of Sandy Beresford

½ pound unsalted butter, room temperature
 ⅔ cup packed light-brown sugar
 1 large egg
 1 teaspoon vanilla
 2½ cups sifted flour
 1 teaspoon salt
 ½ cup sugar

1. Preheat oven to 350 °F.
2. Combine butter and light-brown sugar in the bowl of electric mixer; beat on high until fluffy. Add the egg and vanilla, and mix to combine. Add flour and salt, and mix on low until flour is incorporated.

3. Roll dough into three 1½ inch diameter logs. Wrap in plastic wrap and refrigerate until firm, at least 1 hour or overnight.
4. Line baking sheet with Silpat (silicone sheet pan liner) Roll cookie log in sugar (use green or red sugar for Christmas cookies), coating them evenly and slice into ¼ inch rounds. Place on cookie sheets about 1 inch apart. Make four holes in top of each cookie, making a square. Bake until golden brown, 15 to 20 minutes Cool on rack.

Peanut Butter Chocolate Kiss Cookies

Courtesy of Eileen Wilcox

½ cup sugar
½ cup brown sugar
½ cup creamy peanut butter
½ cup butter, softened
1 egg
1½ cup flour
¾ teaspoon soda
½ teaspoon baking powder
Granulated sugar
≈ 3 dozen milk chocolate kisses

1. Preheat oven to 375 °F.
2. Beat ½ cup sugar, brown sugar, peanut butter, butter and egg in large bowl with electric mixer on medium speed, or mix with spoon. Stir in flour, soda and baking powder.
3. Shape dough into 1 inch balls; roll in sugar. Place about 2 inch apart on ungreased cookie sheet
4. Bake 8 to 10 minutes or until edges are light brown. Immediately press 1 chocolate kiss in center of each cookie. Remove from cookie sheet to wire rack.

Snowy Shovels

Courtesy of Sandy Beresford

Yields 20 cookies

½ cup packed brown sugar
½ cup butter or margarine, softened
2 tablespoons water
1 teaspoon vanilla
1½ cups flour
⅛ teaspoon salt
10 pretzel rods (about 8½ inch long) cut crosswise in half.
2 teaspoons shortening
⅔ cup white baking chips
Miniature marshmallows (approximately 80 to 100)
White coarse sugar crystals (decorating sugar)

1. Preheat oven to 350 °F.
2. Beat brown sugar, butter, water and vanilla in medium bowl with electric mixer on mid. Or mix with spoon. Stir in flour and salt. Shape dough into twenty 1¼ inch balls.
3. Place pretzel rod halves on ungreased cookie sheet. Press ball of dough onto cut end of each pretzel rod. Press dough to make indentation to look like shovel, but do not press all the way to the cookie sheet. Bake about 12 minutes or until set, but not brown. Cook 2 minutes Remove from cookie sheet to wire rack. Cook completely.
4. Cover cookie sheet with waxed paper. Place shovels on waxed paper. Melt shortening and white baking chips over low heat, stirring occasionally, until smooth. Remove from heat. Place 4 to 5 marshmallows in bottom portion of shovel to look like pile of snow. Spoon melted white chocolate over marshmallows and bottom portion of shovel; sprin-

kle with sugar. If desired, drizzle while chocolate over shovel handle. Let stand until chocolate is firm.

Pecan Logs

Courtesy of Eileen Wilcox

Centers

3 cup sugar

1 cup cream

1/2 tablespoon white Karo syrup

Butter

1. Put 18 inch square marble outside or in freezer to get real cold.
2. Butter sides and bottom of heavy pan.
3. Combine above ingredients in pan and cover over medium high heat to 226 °F (236 °F sea level). Do not scrape sides of pan. When temperature is close, bring in marble and butter it.
4. Put 2 tablespoons extra butter in center.
5. Pour cream mixture onto marble.
6. Knead with wooden spatula until shine is gone and center is set.
7. Make 10 to 12 logs and put on cookie sheet covered with waxed paper. Place in freezer.

Carmel

2 pounds pecans

2 cups sugar

1 cup cream

1 cup dark Karo syrup

1/2 cup butter

1 cup cream

1. Warm 18 inch square marble under hot water or place in 200 °F oven.
2. Place pecans in 9 inch × 13 inch pan in oven on 200 °F.

3. Butter heavy pan on sides and bottom.
4. Combine sugar, cream, dark Karo syrup, and butter.
5. Cook, stirring occasionally (but not scrapping sides) to 220 °F (230 °F at sea level).
6. Add cream — cook to 230 °F (240 °F sea level).
7. When close to reaching temperature, butter marble and get centers out of freezer and nuts from oven. Pour caramel on warm marble. Quickly with 2 butter knives, wrap caramel around centers and roll in nuts. Let set on waxed paper for about 1/2 hour. Then wrap in wax paper and foil. You may freeze them until needed.

Cocoa Fudge

Courtesy of Bob Gates

3 cups sugar

2/3 cups coco

1/8 teaspoon salt

1 1/2 cups milk

1/4 cup butter

1 teaspoon vanilla

1. Line 8 to 9 inch square pan with foil, extending foil over edges of pan.
2. Butter foil.
3. Mix sugar, cocoa and salt in heavy 4 quart pan, stir in milk.
4. Cook over medium heat stirring constantly until mixture comes to a full rolling boil.
5. Boil without stirring until mixture reaches 334 °F (224 °F high altitude), soft ball.

6. Remove from heat, add butter and vanilla. DO NOT STIR.
7. Cool to 110 °F (100 °F high altitude). Beat with wooden spoon until fudge thickens and just begins to lose some of its gloss. Quickly spread into prepared pan, cool completely.
8. Cut into squares \approx 36 pieces or $1\frac{3}{4}$ pounds.
2. Stir in remaining ingredients. Let stand until thick.
3. Drop teaspoons fun onto waxed paper.
4. Store in refrigerator when set. May be frozen.

Peanut Brittle

Courtesy of Sandy Beresford

Yields approximately 2 pounds of candy

- $1\frac{1}{2}$ teaspoons baking soda
- 1 teaspoon water
- 1 teaspoon vanilla
- $1\frac{1}{2}$ cup sugar
- 1 cup water
- 1 cup light or dark corn syrup
- 3 tablespoons butter
- 1 pound shelled, unroasted peanuts

Stovetop Directions

Note For best results do not double.

Toffee

*Courtesy of Eileen Wilcox
from Lyla Thiemet*

- 1 cup butter
- 1 cup sugar
- 3 tablespoons water
- 1 teaspoon vanilla

1. Boil to 305 °F (hard crack) over medium heat. Add 1 cup silvered almonds or pecans.
2. Pour onto buttered cookie sheet.
3. Sprinkle with chocolate chips while still hot. Once melted spread.
4. Break into pieces after cooling.

Dinner Mints

*Courtesy of Eileen Wilcox
from Lyla Thiemet*

- 1 large can evaporated milk
- 4 cups sugar
- $\frac{1}{2}$ cup butter
- 2 teaspoons mint extract
- 1 whole 12 ounce package chocolate chips
- 1 whole 7 ounce jar marshmallow cream

1. Cook evaporated milk, sugar and butter for 6 minutes, stirring constantly; remove from heat.
3. Stir in butter and peanuts. Cook, stirring constantly, to 300 °F or until small amount of mixture dropped into very cold water separates into threads that are hard and brittle. (Watch carefully so mixture does not burn.) Remove from heat immediately; stir in reserved baking soda mixture until light and foamy.
4. Pour half of the candy mixture onto each cookie sheet and quickly spread about

1/4 inch thick (syrup will be very hot) and then cool. Break into pieces.

Microwave Directions

1. Omit all water. Mix sugar, corn syrup and peanuts in microwavable 8 cup measure.
2. Microwave uncovered on high 10 to 14 minutes; stirring every 5 minutes, until peanuts are light brown.
3. Stir in vanilla and butter until blended.
4. Microwave uncovered 4 to 6 minutes to 300 °F on microwave candy thermometer or until small amount of mixture dripped into very cold water separates into threads that are hard and brittle. (Watch carefully so mixture does not burn.)
5. Stir in baking soda quickly until light and foamy.
- 6.
7. Pour half of the candy mixture onto each cookie sheet and quickly spread about 1/4 inch thick (syrup will be very hot) and then cool. Break into pieces.

Devil's Food Cake with Carmel

Frosting

Courtesy of Sandy Beresford

Cake

- 2 cups sugar
- 1 stick butter
- 2 eggs
- 1 tablespoon vinegar
- 2 teaspoons baking soda
- 1 cup buttermilk or sour milk
- 2 cups flour
- 6 teaspoons cocoa
- 1 cup hot water

1. Preheat oven to 350 °F.
2. Grease and flour three 8 to 9 inch round cake pans. Cut parchment or wax paper circles and insert into the bottom of the pans.
3. In small bowl combine baking soda and vinegar and set aside to bubble and rise.
4. Combine flour and cocoa and set aside.
5. Cream butter and sugar.
6. Mix in unbeaten eggs.
7. Stir buttermilk into baking soda mixture.
8. Add the buttermilk mixture alternately with the flour mixture into creamed butter, sugar and egg batter; beating after each addition.
9. Slowly stir in the hot water.
10. Divide batter into the 3 round cake pans.
11. Bake 30 to 35 minutes at 350 °F.
12. Cool and remove from pans.
13. Ice with Carmel Frosting and cover with nuts.

Carmel Frosting and Filling

- 2 cups light brown sugar, firmly packed
- 1 cup heavy cream
- 3 tablespoons butter
- 2 teaspoons vanilla
- Walnuts, chopped

1. Boil brown sugar, cream and butter together until it reaches a soft ball stage; mixture will hold together when small drops are dropped into a bowl of cold water.
2. Remove from heat.

3. Add vanilla and beat.
4. While still warm spread icing between layers and join them together.
5. Frost sides and top of stack.
6. While still warm, immediately cover cake with nuts.
10. Stir in nuts and remaining cup of chocolate chips.
11. Spread into baking pan.
12. Bake 30 to 35 minutes.
13. Cool, cut into 2¹/₄ inch squares.

Double Chocolate Brownies

Courtesy of Sandy Beresford

Yields 24 brownies

- ³/₄ cup flour
- ¹/₄ teaspoon baking soda
- ¹/₄ teaspoon salt
- ¹/₃ cup butter
- ³/₄ cup sugar
- 2 tablespoons water
- 2 cups semi-sweet chocolate chips
- 2 eggs
- 1 teaspoon vanilla
- ¹/₂ cup chopped nuts

1. Preheat oven to 325 °F.
2. Grease bottom of 9 inch square baking pan.
3. Combine flour, baking soda, salt; set aside.
4. In small sauce pan combine butter, sugar and water.
5. Bring just to a boil, then remove from heat.
6. Add 1 cup chocolate chips and vanilla; stirring until melted and mixture is smooth.
7. Transfer to large mixing bowl.
8. Add eggs one at a time beating well after each addition.
9. Gradually blend in flour mixture.

Strawberry Rhubarb Cake

Courtesy of Sandy Beresford

- 1 cup fresh strawberries, washed and hulled
- 1 cup rhubarb, cut into small pieces
- 1 cup flour
- ³/₄ teaspoon baking powder
- ¹/₄ teaspoon salt
- 1³/₄ cups sugar
- 3 tablespoons melted vegetable shortening
- ¹/₂ cup milk
- 1 tablespoon cornstarch
- 1 cup boiling water

1. Preheat oven to 350 °F.
2. Grease bottom of 8 inch square baking dish.
3. Slice strawberries into bottom of baking dish.
4. Add sliced rhubarb to baking dish.
5. Mix flour, baking powder, salt and ³/₄ cup sugar in a bowl.
6. Mix in shortening and milk to dry ingredients.
7. Spread batter over the strawberry and rhubarb mixture.
8. Combine remaining cup of sugar and cornstarch.
9. Sprinkle over batter in pan.

10. Pour the boiling water over the mixture in the pan.
11. Bake at 350 °F for 45 minutes.
12. Serve with whipped cream or ice cream.

Friendship Cake with Brandied Fruit

Courtesy of Bonnie Gates

Yields 6 cups

Brandied Fruit Starter

15¹/₄ ounce can pineapple chunks, drained
 16 ounce sliced peaches, drained and diced
 17 ounce can apricot halves, drained and diced
 10 ounce jar maraschino cherries, drained and halved
 1¹/₄ cup sugar
 1¹/₄ cup brandy, apricot or peach brandy may be substituted

1. Combine all ingredients in a clear, non-metal bowl and stir gently.
2. Cover and let stand at room temperature 3 weeks, stirring twice a week.
3. Serve starter over ice cream, pound cake or use in Friendship Cake, reserving at least 1 cup starter at all times.
4. Replenish starter, add 1 cup sugar and one of the first 4 ingredients every 1 to 3 weeks, alternating fruits each time.
5. Stir gently, cover and let stand at room temperature 3 days before using.

Friendship Cake

1¹/₂ cup drained, brandied fruit
 4 eggs
²/₃ cup oil
 1 cup chopped nuts, optional

1/4 cup brandy, optional
 1 box white or yellow cake mix
 1 box pudding

1. Preheat oven to 350 °F.
2. Grease and flour Bundt or loaf pan If using loaf pan cut wax paper or parchment paper to cover bottom and insert after pan has been greased and floured.
3. Mix all ingredients together and pour into pan.
4. Bake at 350 °F for 50 to 60 minutes or until done.
5. Remove from pan.
6. Pour glaze over cake and cool.
7. Decorate with almonds and candied cherries.

Glaze

10 ounce cream cheese
 1 box powdered sugar
 1 tablespoon vanilla
 1 stick butter, melted

1. Mix all glaze ingredients.

Pumpkin Pound Cake

Courtesy of Sandy Beresford

1 package yellow cake mix
 1/4 cup oil
 1/4 cup water
 1 small package butterscotch instant pudding
 1 cup pumpkin
 4 eggs
 2 teaspoons pumpkin pie spice
 Confectioners sugar

1. Preheat oven to 350 °F.

2. Grease and flour Bundt pan or 10 inch tube, angle food, cake pan.
3. Stir all ingredients together except confectioners sugar.
4. Pour into prepared pan.
5. Bake at 350 °F for 50 to 55 minutes.
6. Cool in pan for 15 minutes.
7. Invert onto wire rack.
8. Cool and then sprinkle with confectioners sugar.
6. Add vanilla to milk.
7. Alternate adding liquid ingredients and dry ingredients to creamed mixture, ending with dry ingredients.
8. Beat after each addition.
9. Stir in chocolate chips and grated Hershey bars.
10. Pour batter into prepared angle food cake pan and press pecan halves on top, covering entire surface.
11. Bake at 325 °F for 1 hour and 20 minutes.

Louisiana Pound Cake (Jodi's Chocolate Cake)

Courtesy of Sandy Beresford from Jodi

2 sticks butter
1/2 cup shortening
3 cups sugar
5 eggs
1/2 cup cocoa
3 cups flour
1/2 teaspoon salt
1/2 teaspoon baking powder
1 cup milk
2 teaspoons vanilla
1 cup, 6 ounces, chocolate chips
2 Hershey bars, grated; optional
1 cup pecan halves candied

1. Preheat oven to 325 °F.
2. Grease and flour angle food tube cake pan.
3. Cream together butter, shortening and sugar.
4. Add eggs one at a time, beating after each addition.
5. Mix together cocoa, flour, salt and baking powder; set aside.

Sugar Cookies

*Courtesy of Bonnie Gates
from her mom, Clara Sipp*

Yields 70 cookies

2 cups sugar
3/4 cup shortening
2 eggs, well beaten
1/2 cup sour milk
4 cups flour
1/4 teaspoon soda
1 teaspoon nutmeg
1/4 teaspoon salt

1. Preheat oven to 425 °F.
2. Oil cookie sheet well or cover in parchment paper.
3. Cream shortening and sugar.
4. Add eggs and mix well.
5. Mix flour, soda, nutmeg and salt.
6. To the creamed mixture add sour milk alternately with the dry ingredients.
7. Mix well after each addition.
8. Drop by teaspoonful's full onto prepared cookie sheet..
9. Bake at 425 °F for 10 to 12 minutes.

Ginger Snaps

*Courtesy of Bonnie Gates
from her mom, Clara Sipp*

Yields 36 cookies

1/2 cup brown sugar

1/2 cup shortening

1 cup molasses

1 teaspoon salt

1 tablespoon ginger

2 cups flour

1 teaspoon baking soda

1. Preheat oven to 375 °F.
2. Cream shortening and brown sugar, set aside.
3. Heat molasses to boiling and add ginger and salt, stir.
4. Cool then combine with creamed shortening and brown sugar.
5. Combine flour and baking soda.
6. Combine flour mixture with molasses mixture and mix thoroughly.
7. Chill overnight.
8. Turn onto lightly floured board and roll into a thin sheet.
9. Cut with floured cookie cutter.
10. Place on slightly oiled or parchment covered cookie sheet.
11. Bake at 375 °F for about 12 minutes.

Classic Oatmeal Cookies

Courtesy of Leigh Brodie

Yields 48 cookies or 24 bars

1/2 cup plus 6 tablespoons butter, softened

3/4 cup firmly packed brown sugar

1/2 cup sugar

2 eggs

1 teaspoon vanilla

1 1/2 cups flour

1 teaspoon baking soda

1 teaspoon cinnamon

1/2 teaspoon salt

3 cups oats

1 cup raisins

1. Preheat oven to 350 °F.
2. In large bowl beat butter and sugars on medium speed of electric mixer until creamy.
3. Add eggs and vanilla; beat well.
4. Mix together flour, baking soda, cinnamon and salt.
5. Add to creamed mixture; mix well.
6. Add oats and raisins; mix well.

Cookie

Drop dough by rounded tablespoonfuls onto uncreased cookie sheets.

Bake at 350 °F 8 to 10 minutes.

Cool on cookie sheet for 1 minute; remove to wire rack.

Cool completely.

Store tightly covered.

Bar Cookie

1. Press dough onto bottom of uncreased 9 inch × 13 inch baking pan.
2. Bake at 350 °F for 30 to 35 minutes or until light golden brown.
3. Cool completely in pan.
4. Cut into bars.
5. Store tightly covered.

Double Tree Signature Cookies*Courtesy of Leigh Brodie*

Yields 26 cookies

1 cup butter, softened
3/4 cup plus 1 tablespoon sugar
3/4 cup packed light brown sugar
2 large eggs
1 1/4 teaspoons vanilla
1/4 teaspoon freshly squeezed lemon juice
2 1/4 cup flour
1/2 cup rolled oats
1 teaspoon baking soda
1 teaspoon salt
Pinch cinnamon
2 2/3 cups semi-sweet chocolate chips
1 3/4 cup walnuts

1. Preheat oven to 300 °F.
2. Cream butter, sugar and brown sugar with mixer on medium for about 2 minutes.
3. Add eggs, vanilla and lemon juice blending with mixer on low for 30 seconds, then medium speed for about 2 minutes, or until light and fluffy, scraping down bowl.
4. With mixer on low speed add flour, oats, baking soda, salt and cinnamon; blending for about 45 seconds. Don't over mix.
5. Stir in chocolate chips and walnuts.
6. Portion dough with scoop, about 3 tablespoons, onto a baking sheet lined with parchment paper about 2 inches apart.
7. Bake at 300 °F for 20 to 23 minutes or until edges are golden brown and center is still soft.
8. Remove from oven and cool on baking sheet.

Note For best results make cookies into 50 g balls and freeze. There's no need to thaw. Place onto a baking sheet lined with parchment paper about 2 inches apart. Bake at 300 °F for about 25 minutes right before eating. Cookies can be kept frozen and baked as needed.

Lemon Bars*Courtesy of Sandy Beresford*

1 cup butter
1/2 cup powdered sugar
2 cups flour
Pinch of salt
4 eggs
2 cups sugar
6 tablespoons flour
6 tablespoons lemon juice
1 lemon rind

1. Preheat oven to 350 °F.
2. Use 9 inch × 13 inch pan.
3. Zest lemon rind and set aside.
4. Mix butter, powdered sugar, salt and 2 cups of flour as you would pie dough.
5. Pat lightly into pan.
6. Bake at 350 °F for 20 to 25 minutes.
7. Mix eggs, sugar, 6 tablespoons flour, lemon juice and lemon zest.
8. Pour on top of hot crust.
9. Bake at 350 °F for 25 to 35 minutes.
10. Sift powdered sugar over top when done.

Breakfast Bars*Courtesy of Sandy Beresford*

1/2 cup butter
3/4 cup firmly packed brown sugar

1/2 cup nonfat dry milk
1 1/4 cups flour
1 teaspoon cinnamon
1 teaspoon salt
1/2 teaspoon soda
2 cups oats
1 1/2 cups applesauce

1. Preheat oven to 400 °F.
2. Grease 9 inch × 13 inch baking pan.
3. Combine flour, cinnamon salt, soda and dry milk, mix well and set aside.
4. Beat together butter and brown sugar until light and fluffy.
5. Add dry mixture and mix well.
6. Stir in oats.
7. Press half oat crumb mixture onto bottom of baking pan.
8. Spread with applesauce.
9. Sprinkle with remaining oat crumb mixture.
10. Bake 30 minutes or until golden brown in 400 °F oven.

Peanut Butter Treats

Courtesy of Sandy Beresford

2 cups butterscotch chips
1/4 cup peanut butter
3 cups Rice Krispies

1. Butter 9 inch × 13 inch cake pan.
2. Melt chips and peanut butter together.
3. Fold Rice Krispies into melted mixture.
4. Spread into buttered pan.
5. Cut into squares when cool.

Rhubarb Pie

Courtesy of Bonnie Gates

3 cups sugar
1/4 stick butter, chunked
Dash cinnamon
5 cups rhubarb
4 tablespoons tapioca
2 pie crusts

1. Preheat oven to 375 °F.
2. Put one pie crust into 9 inch pie pan.
3. Mix together and pour into prepared pie pan.
4. Unroll the second pie dough and use a 1 inch round cutter or paring knife to make about 10 vent holes in the dough. The important thing is to have plenty of vent holes or the filling will not thicken.
5. Bake at 325 °F for 45 to 50 minutes, until bubbly.
6. Check after 30 minutes, add foil around edges if they are getting too dark.
7. Cool before eating.

Pumpkin Pie

*Courtesy of Leigh Brodie
from grandma Cynthia Taylor*

1 1/2 cup pumpkin
3/4 cup brown sugar
2 eggs, beaten
1 cup milk
1/2 cup cream
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon ginger
1/2 teaspoon salt

1. Preheat oven to 475 °F.
2. Line 9 inch pie pan with pie crust.

3. Mix eggs and sugar.
4. Add pumpkin and stir.
5. Add cinnamon, nutmeg, ginger and salt; stir.
6. Add milk and cream; stir.
7. Pour into prepared pie pan and cover edges with foil.
8. Bake at 475 °F for 10 minutes.
9. Turn down oven to 375 °F and bake for 40 minutes or until it doesn't jiggle.

Black Bottom Pecan Pie

Courtesy of Leigh Brodie

1/2 cup milk chocolate chips
 2 tablespoons cocoa
 4 large eggs
 1/3 cup brown sugar
 1/3 cup sugar
 1/2 cup light corn syrup
 1 tablespoon vanilla
 4 tablespoons butter, melted
 1 1/2 cups pecans
 A 9 inch pie shell in pie pan

1. Preheat oven to 350 °F.
2. Mix chocolate chips and cocoa in bowl.
3. Spread mixture on the bottom of the unbaked shell in prepared pan.
4. In large bowl, beat the eggs, brown sugar and sugar together.
5. Add corn syrup, vanilla and melted butter.
6. After the filling is well mixed, stir in pecans.
7. Pour filling into the pie shell over the chocolate.
8. Bake at 350 °F for 40 to 45 minutes or until done.

Note Test for doneness by jiggling pie gently and see if filling is still liquid. Center will still be slightly soft but the heat of the pecan pie will continue to cook the filling after the pie is removed from the oven.

Brownies

Courtesy of Leigh Brodie

1/2 cup butter
 2 ounces unsweetened chocolate, roughly chopped
 1 cup sugar
 2 eggs
 1/2 teaspoon vanilla
 1/2 cup flour
 Pinch of salt

1. Preheat oven to 350 °F.
2. Grease 8 inch square baking pan or line with foil and grease foil.
3. Combine butter with chocolate in a small sauce pan over very low heat, stirring occasionally.
4. When chocolate is just about melted remove from heat and continue to stir until mixture is smooth.
5. Transfer the mixture to a mixing bowl and stir in the sugar.
6. Beat in eggs one at a time.
7. Gently stir in salt, flour, and vanilla.
8. Pour and scrape into prepared pan.
9. Bake 20 to 25 minutes (we bake 18 minutes to keep them fudgy).

Note We now double the recipe and still use the 8 inch square pan baking 35 to 37 minutes, to keep them fudgy bake 35 minutes.

Peanut Brittle, Microwave

*Courtesy of Sandy Beresford
from mother-in-law Jean Beresford*

1 cup sugar
1/2 cup white syrup
1 cup roasted and salted peanuts
1 teaspoon butter
1 teaspoon vanilla
1 teaspoon soda

1. Butter cookie sheet.
2. In in 1¹/₂ quart microwave safe bowl stir sugar and syrup together with wooden spoon.
3. Microwave on high 4 minutes leaving wooden spoon in bowl.
4. Stir in peanuts.
5. Microwave on high 3 to 5 minutes until light brown.
6. Add butter and vanilla.
7. Microwave 1 to 2 minutes.
8. Peanuts will be light brown and hot.
9. Add baking soda and gently stir til light and foamy.
10. Pour mixture onto buttered cookie sheet.
11. Cool 1/2 to 1 hour.
12. Break into pieces and store in airtight container.

7 ounce jar marshmallow cream

1 teaspoon vanilla

1 cup chopped nuts

1. Butter 9 inch × 13 inch pan.
2. Combine sugar, butter and milk.
3. Bring to a rolling boil, stirring constantly.
4. Boil and keep stirring for 5 minutes over medium heat or until it reaches soft ball stage, 238 °F (228 °F in high altitude).
5. Remove from heat and stir in chocolate chips until melted.
6. Add marshmallow cream, nuts and vanilla.
7. Beat until well blended.
8. Pour into pan.
9. Cool and cut into squares.

Fantasy Fudge

Courtesy of Eileen Wilcox
Yields 3 pounds

3 cups sugar
3/4 cup butter
2/3 cup (5¹/₃ ounce can) evaporated milk
12 ounce package semi-sweet chocolate chips

Fun

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Birdseed Wreath

Courtesy of Laura Benson

1 ounce unflavored gelatin

$\frac{1}{4}$ cup water

$1\frac{1}{4}$ cups birdseed

1. Stir into a pan on low heat until dissolved: 1 ounce unflavored gelatin and $\frac{1}{4}$ cup water.
2. Add and stir until covered $1\frac{1}{4}$ cups birdseed.
3. Layer saran wrap in a small round cake pan and spray with cooking spray. Press birdseed mixture into form.
4. Let dry approximately 5 to 10 minutes.
5. Turn and tap out of form. Remove saran wrap and let dry an additional 3 to 6 hours. Tie raffia around and make a bow for a fun gift.

Play Dough

Courtesy of Bonnie Gates

$2\frac{1}{2}$ cups flour

1 teaspoon alum

3 teaspoons vegetable oil

$\frac{1}{2}$ cup salt

2 cups boiling water

Food coloring

1. Mix together and store in airtight container.